Description to reader:
This is an English translation of the renowned 2011 Chinese-language book “Zero resistance - The Sedona Method (as taught by Lester Levenson) ” by Xu Yao Ren. (ISBN: 9787508626444).

This is not the same as the popular English book ‘*The Sedona Method*’ written by Hale Dwoskin, a student of Lester Levenson. This Chinese-language book, while published in 2011 in China, appears to focus *more* on the *purity and simplicity* of original Lester Levenson (1909-1994)’s teaching.

Editorial note: This book and “*Wind Feng on Six Steps Lester Levenson*” popularized the spiritual teaching of **Lester Levenson (1909-1994) and The Sedona Method**, in the Chinese-speaking countries: China, Taiwan, Hongkong, Singapore, Malaysia.

Original Title of book: **Zero Resistance - The Sedona Method** (Chinese Language)
Author: **Xu Yao Ren**
Published in 2011
Publisher: CITIC Press Corporation, Beijing, China 2011
ISBN 10: 7508626443
ISBN 13: 9787508626444

English Translation
Date: 17 June 2026

The Six Steps to Freedom, by Lester Levenson (Sedona Release Method)

To summarize the premise and process of "releasing" (letting go) into a simple, understandable, step-by-step system, Lester Levenson organized the Six Steps in 1974. They are:

1. You must want inner freedom (your true goal) more than you want to control, be approved of, or be secure.
2. Decide that you can release and be in a state of freedom (your true goal).
3. Realize that all feelings can be traced back to three basic desires: the desire for approval/love, control, and security. Observe this and immediately release the desire for control, security, and approval/love.

4. Release continuously and constantly. Whether alone or with others, constantly release the desire for approval/love, control, and security.
5. If you encounter a sticking point in releasing, release the desire to change that condition / feeling..
6. Each release will make you feel lighter and happier; if you continue releasing, you will become even lighter and happier.

[File Name]: Zero Resistance - Chinese Book - Xu Yao Ren -- Zero Resistance: Clearing Inner Obstacles with the Sedona Release Method – Lester Levenson - The Secret The Secret (by Rhonda Byrne) Didn't Tell You -- by Xu Yaoren, Wang Lili -- 2011 -- Beijing: CITIC Publishing House -- 9787508626444 .pdf

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===== Page 1 =====

Keep it Simple, Sweetheart (KISS) .
Release your suppressed feelings, your mind quiets, and you discover that you are already free.
– Lester Levenson (1909-1994), creator of Sedona Method

Zero Resistance

Clearing Inner Obstacles with the Sedona Release Method, as taught by Lester Levenson.

By : Xu Yaoren, Wang Lili

Published in 2011

The Secret The Secret Book (Rhonda Byrne) Didn't Tell You

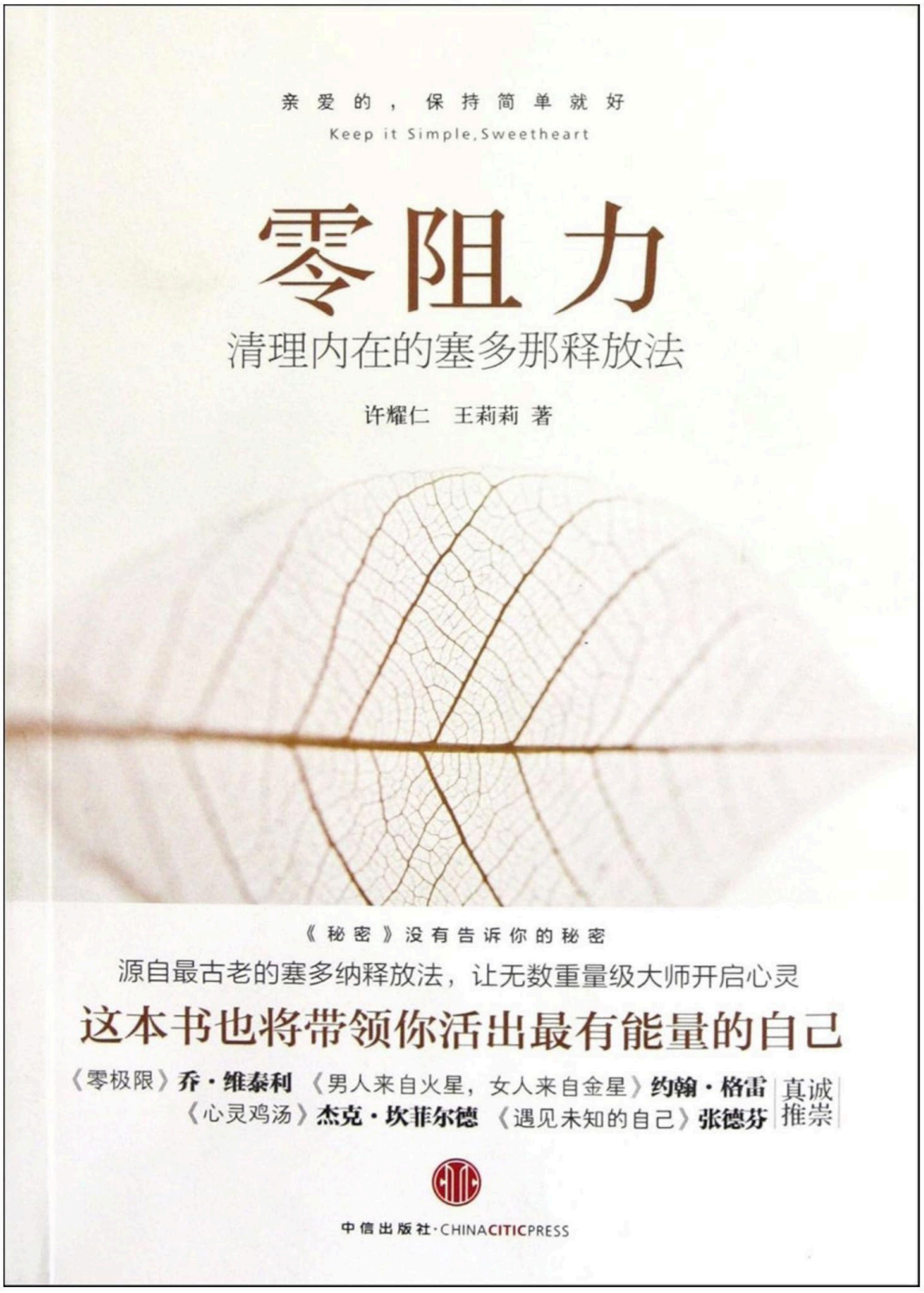
Originating from the original Sedona Release Method (as taught by the spiritual master Lester Levenson), it has opened the minds of countless heavyweight masters.

This book will also lead you to live as your most energetic self.

Zero Limits by Joe Vitale, *Men Are from Mars, Women Are from Venus* by John Gray, *Chicken Soup for the Soul* by Jack Canfield, *Meeting Your Unknown Self* by Zhang Defen – all sincerely recommend it.

Title: Sedona Method (Zero Resistance) as taught by Lester Levenson
English translation of the 2011 Chinese book “Zero resistance - The Sedona Method (Lester Levenson) ” by Xu Yao Ren. (ISBN: 9787508626444).
Author: Lester Levenson (1909-1994) , Xu Yao Ren
Topic: Sedona Method (Release Technique) – Letting Go (as taught by Lester Levenson)

Title: Sedona Method (Zero Resistance) as taught by Lester Levenson
English translation of the 2011 Chinese book “Zero resistance - The Sedona Method (Lester Levenson) ” by Xu Yao Ren. (ISBN: 9787508626444).
Author: Lester Levenson (1909-1994) , Xu Yao Ren
Topic: Sedona Method (Release Technique) – Letting Go (as taught by Lester Levenson)



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Currently the only *Chinese-language book* explaining the Sedona Release Method, focusing on eliminating negative energy and obtaining powerful positive energy.

Zero Limits by Joe Vitale, *Men Are from Mars, Women Are from Venus* by John Gray, *Chicken Soup for the Soul* by Jack Canfield, *Meeting Your Unknown Self* by Zhang Defen – all sincerely recommend it.

Useless energy in our body is like a rotten apple. One affects another, and it spreads... If not cleared in time, it becomes the biggest obstacle to progress.

If we still want to continue realizing our dreams, the answer is obvious: First, clear out the rotten apples!

This book solves only one problem: How to clear useless energy.

Whether your resistance comes from material/wealth, physical/mental health, interpersonal/intimate relationships, or the pursuit of inner peace and joy... no matter what resistance you are currently facing, using the "Sedona Release Method" in this book will definitely resolve it smoothly.

Ultimately, you will find that whatever you want, everything becomes increasingly effortless, and your thoughts will manifest as things.

image[[426, 837, 542, 920]]

Price: 29.00 Yuan

===== Page 3 =====

Zero Resistance Clearing Inner Obstacles with the Sedona Release Method (teaching of Lester Levenson) by Xu Yaoren, Wang Lili

===== Page 4 =====

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To achieve the "manifestation" described in *The Secret (Rhonda Byrne)*, we must first clear our inner emotional and mental clutter to fully display our innate abilities and goodness. From now on, you have begun to approach success.

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Preface | What Resistances Do You Want to Remove?

If I'm not mistaken, the reason you are now opening this book called *Zero Resistance* is probably because you are encountering some "resistance" in your life, right? Maybe you have a problem you've been trying to solve but can't, or a wish you've been trying to fulfill but can't – and you want to remove that resistance.

Furthermore, you have made a decision different from most people: you haven't just sat there feeling sorry for yourself or waiting for a miracle to happen that would make those resistances inexplicably disappear. You have started looking for answers. You want to find a way to help you remove the life resistances you are currently experiencing.

Where your attention goes, energy flows; when you truly want to find

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the answer, it will always be attracted to you and naturally appear by your side, just as the Bible says: "Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you."

I believe this book is precisely the answer you need at this stage.

The main focus of this book is to convey a method for clearing inner useless energy (old suppressed feelings, sometimes referred to as *“emotional painbody”* by Eckhart Tolle Power of Now book) called the "**Sedona Method**," created by a little-known spiritual master—**Lester Levenson (1909-1994)** . Additionally, through this book, you will learn about Lester Levenson's life and the many teachings he left behind. However, I know the question you care about most is probably this:

"Can this thing called the **Sedona Release Method** really help me solve my problems?"

So far, many people have learned the Sedona Release Method through my "Zero Resistance in Life" course—a method that is always available, usable anywhere, simple, and highly effective—and have successfully removed various obstacles in their lives, big and small. The feedback I've received from students includes:

- Quickly eliminating tension
- Reduced worry and anxiety

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Preface

- A quieter mind, leading to better presence in the moment
- Deeper exploration of hidden inner thoughts, beliefs, feelings, and emotional states, and quicker processing
- Various instances of smooth sailing occurring one after another in life
- Receiving unexpected income
- Significant improvement in relationships with family members
- Effortlessly achieving performance targets that previously required hard work and were still not met
- Easy weight loss
- Naturally moving past emotional pain from the past

Hundreds of thousands of people in the United States have learned this method and gained significant benefits. Among them are mentors from the best-selling book *The Secret*, such as Joe Vitale and Jack Canfield, who were also students of the Sedona Release Method and recommend it in their own books and courses.

So, yes, the concepts and methods discussed in this book can certainly help you remove the resistance you want to remove—as long as you are willing to keep an open mind and actually put it into practice.

The creation of this book first and foremost thanks the three teachers currently promoting this release method in the United States: Hale Dwoskin (one of the mentors in *The Secret*),

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Larry Crane (Lawrence Crane, author ‘Abundance book’), and Stephen Seretan (author of the book *‘Lester Levenson and Me*’). Through their books, audio programs, and published materials like Lester's autobiography and lecture notes, I was able to organize and synthesize Lester Levenson's teachings even without the opportunity to witness the master himself.

Special thanks to the colleagues at Fang Zhi Publishing House in Taiwan for their assistance and planning throughout the process, enabling many friends who need the Sedona Release Method to access this book.

Thanks to all the graduates who have participated in the "Zero Resistance in Life" courses. The participation of students in each session, along with their feedback during and after the courses, has repeatedly reinforced my conviction in the effectiveness and power of the Sedona Release Method.

Finally, I want to thank my other half, who has always been by my side, accompanying me through life's ups and downs and facing various challenges with me—the co-author of this book, Lily. Without her constant support and assistance, this book would not have been born.

I also thank you, the reader of this book. Thank you for giving me the opportunity to pass on the Sedona Release Method to you and for allowing me to fulfill my personal goal of "bringing more value to others."

Lastly, to paraphrase what Lester Levenson often said when introducing the Sedona Release Method:

"Give it a try, you'll love it!" (quote by Lester Levenson)

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Are You Ready?

SEDONA METHOD

If the "answer" is not in the external world, perhaps it is in the inner world.

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Zero Resistance

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Don't Believe, But Don't Disbelieve Either

Only the things you have personally experienced and verified can be considered truly "known" by you.

Don't believe, and don't disbelieve either, anything I say. Use your personal experience to confirm it.

I remind you "not to believe" because people often have a tendency to think, "What the person on stage says is usually right," "What the person on TV says is right," "What's written in newspapers and magazines should be right," "What's printed in a book is usually right." When this tendency kicks in, it often leads to accepting all received information without

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proper examination.

Lester Levenson often reminded people: "Don't just believe everything you hear; everyone must verify things for themselves." "You shouldn't believe anything we say, but rather prove its truth or falsehood by making yourself wealthier, feeling happier, and becoming healthier."

What a profound reminder.

So, I want to make the same reminder: Do not accept everything blindly just because you saw this book in a bookstore, because someone you trust recommended it, or because what it says sounds reasonable.

No matter how "right" the concepts in this book may seem to you, first don't believe a single word you read. Instead, use the methods shared in this book and verify them for yourself.

As for why I remind you "not to disbelieve," it's because from birth until now, we have been programmed by ourselves and others through various channels. When we hear information that doesn't match these established programs, our first reaction is often resistance, rejection, thinking "that's not how it is," and then, again without verification, we make a decision not to accept or believe it.

Let's put it this way: Suppose you are Newton. When the theory of "universal gravitation" popped into your head, would you immediately hold a press conference and announce it to the world? No,

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right? You would first go to the lab to design some experiments and verify your theory through their results. And if the experimental results contradicted your original deduction, would you stubbornly stick to your idea or revise your theory based on the results?

Similarly, in this book, you may encounter information that you don't immediately understand, can't agree with, resonate with, or even challenges your past thoughts and beliefs. But don't reject it intuitively just because of that. Adopt the spirit of a scientist: try it out, use your personal experience to verify its truth or falsehood.

Remember: Only the things you have personally experienced and verified can be considered truly "known" by you.

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When the Student Is Ready, the Teacher Will Appear: The Story of Spiritual Master Lester Levenson

Whether the resistance comes from material/wealth, physical/mental health, interpersonal/intimate relationships, or the pursuit of inner peace and joy... no matter what resistance you are currently facing, using the "Sedona Release Method" in this book will definitely resolve it smoothly.

Once, at the beginning of a speech, I took out a parking ticket and showed it to an audience member, asking him to read the amount aloud.

"30 Yuan," he said.

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I asked the audience: "That's not much, is it?"

"But during my worst period, I would even put off paying this mere 30-Yuan ticket until the last possible day..."

"No, it wasn't that I couldn't afford the 30 Yuan at the time," I continued. "It's just that my inner feeling of lack was so strong that I was unwilling to let even 30 Yuan leave my pocket."

Before I came across and seriously started applying the "Law of Attraction," my situation was: my career was declining, my income was unstable and decreasing. I tried various methods to turn things around. I studied various "success sciences," internet marketing, direct marketing, copywriting. I tried to use what I learned to revive my situation or find another way out, but attempt after attempt brought only disappointment.

It was then, through *The Secret*, that I came into contact with the "Law of Attraction." What I saw was: "Focus on what you want, not on what you don't want. Find a way to generate the good feeling of your wish already fulfilled within you. Then, when opportunities and inspirations come, bravely take action."

At that time, I made a promise to myself: "For at least the next six months, I will completely follow this method and try it out. Even if I decide to give up or use other methods, that will be a matter for after six months."

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So, I started setting aside at least 30 minutes every morning and evening, putting on some music, closing my eyes, and imagining the income and ideal life I wanted.

After about 30 days, the effect of the "Law of Attraction" really began to appear, triggering a series of miraculous events (including the publication of my translation of *The Science of Getting Rich*). In this way, I gradually emerged from that dark period of my life, and various aspects of my life began to improve—especially in terms of material wealth.

Afterwards, I started teaching courses on my experiences, insights, and various verified effective methods during the application of the "Law of Attraction," and produced courses like the "Master Key System"—each of which brought me abundant income and began to turn my life in a completely different direction.

As my income improved, things I had previously wanted but couldn't afford began to come into my possession one by one—my once bare and shabby old residence began to be filled with various items: home theater systems, stereos, video game consoles (connected only to the TV), new computers...

It was at this point that I noticed a strange phenomenon:

When I didn't have the ability to own those things, I felt miserable, thinking that as long as I had more money and could own what I wanted, I would definitely feel much better... However, the reality was that when those things I wanted entered my life one by one, I always just felt "so-so."

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When I bought something I wanted, I felt happy at that moment, but after three days or a week, I would always think: "What's next? What else do I want?"

Once, when I asked myself "What's next?", I found I had no answer. At that moment, I didn't want anything else. Logically, "not wanting anything else" should mean I had everything I wanted, so theoretically I should feel completely satisfied. But strangely, I didn't feel satisfied at all; instead, I felt quite anxious inside.

"How can this be?" I thought.

There's a saying: "When the student is ready, the teacher will appear." I don't know if I qualified as "ready" at the time, but that "teacher" really did appear just like that.

The Unhappy Successful Man

While I continued living my life with this question, I happened to hear an interesting story about a man named Lester Levenson—Lester could be described as a "successful person" who fully met society's definition.

He was very intelligent, excelling in his studies and exams from a young age. After graduating from university with a physics degree, he was equally successful in his work and business ventures. He lacked neither money nor

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the material comforts that a "successful person" should have. He lacked neither friendship, having many close friends willing to go to great lengths for him. He lacked neither family affection, with sisters constantly caring for him. Nor did he lack love, with many women willing to marry him if he only asked...

However, he knew very clearly that he was very, very unhappy.

He put it this way: "My friends would say to me, 'Wow! You have everything!' But I felt like I had nothing."

He was deeply puzzled by this. So, he began to research the problem using the scientific training he had received in his studies. He read psychology, philosophy, logic, even economics—all the knowledge human society could offer. He even directly sought help from a colleague of Sigmund Freud, the father of psychoanalysis, but the other person's final conclusion was:

"Some people cannot be helped."

He could only carry his unhappiness and continue his life.

This unhappiness manifested in him through various illnesses—ulcers, stones, every disease imaginable. By 1952, when he was 42, he suffered his second coronary occlusion. Since balloon angioplasty or stent procedures didn't exist at the time, after his condition stabilized, the doctor told him: "Your condition is stable. There's nothing more we can do. You can go home and rest."

The doctor said he could no longer live a normal life, even climbing stairs or tying his

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shoelaces should be avoided—as those could overload his heart.

In other words: he could have another heart attack at any time, and the next one would be the end of his life.

"How long do I have?" he asked.

"Maybe one or two years, maybe tomorrow. I can't predict," the doctor replied.

When he returned to his New York mansion to "wait for death," in his desperation, he considered using the morphine the doctor had previously prescribed for his kidney stone pain to end his own life—at least then he wouldn't have to suffer through another heart attack. But then he thought: "Regardless, I'm alive right now. As long as I'm alive, maybe there's still hope."

Finally, he made a decision: he could swallow the morphine anytime, but before that, he would try to find the answers about life.

So, he began to live a life completely isolated from the outside world. To minimize external distractions, he unplugged his phone, cut off contact with friends and family, and even chose to go out for supplies only during the early morning hours of 3 or 4 AM, when New York City was quietest.

He began asking himself: "What is life really for? What have I been chasing all this time?"

"Just a little bit of happiness, that's all," he told himself.

"If that's the case, then what exactly is happiness? And how can people

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find it?"

At first, he opened a dictionary to look up the definitions of "happiness" and "life," but he found the descriptions didn't go beyond what he already knew. Then, he started pulling out his collection of books, one by one—psychology, philosophy, medicine, physics, engineering... none of them had the answer he was looking for.

He felt extremely frustrated and said to himself: "Lester, everyone says you're smart, that you excelled in high school, that you competed successfully for one of only three spots in university, that you stood out there... But actually, you are stupid, stupid, stupid! You don't even know the most basic thing in life—how to truly be happy!"

Later, he thought: "If the answer was in a book, I would have read it long ago. If I still can't find it, does that mean the answer isn't here at all?" He further thought: If the answer isn't "out there," then where could it be?

His conclusion was: If the answer isn't in the external world, then maybe it's in the inner world.

So, he began to continuously ask himself questions like: "What am I?", "What is this world?", "What is my relationship with this world?", "What is happiness?", and "How can one truly be happy?"

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Within just three short months, he entered what is called a state of "enlightenment," gaining various extraordinary realizations and obtaining complete peace and joy.

Leaving aside for now what he realized during his enlightenment, in terms of physical health, the result was: not only did he not die from his heart condition, but he completely reversed his physical state during the enlightenment process and went on to live another 42 years, passing away in 1994.

He dedicated the remaining 42 years of his life to transmitting his realizations to others who were also seeking the same answers and state. However, during this process, he found that many people began to see him as a "master," always hoping to receive guidance and answers from him, which he felt was not a good thing.

He believed that although teachers or "masters" can provide great assistance, no one *needs* a teacher, and no one should think they have to rely on a particular teacher or master to reach a certain level. Therefore, he began researching and planning with his students,

making his personal journey concrete and systematic into a method that anyone could learn and practice to achieve the same state.

This method was later named the Sedona Method, after Lester's place of residence: Sedona, Arizona.

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The Most Efficient Way to Clear Life's Resistances

Lester's story sparked significant interest in me. I began to gather more information about him and his method through various channels, delving deeper into learning and practicing it. After verifying the method, I organized my experiences and insights into the "Zero Resistance in Life" course, which I have been teaching ever since.

If I were to describe my view of this method in one sentence, I would say: This is truly a method that can address inner conditions ranging from very superficial to very deep. It's always available, usable anywhere, simple, and incredibly efficient.

And this method is now in your hands.

If you also have the following questions in your life:

- Your income has never reached your ideal number?
- You feel frustrated because you want to own something or experience something but can't?
- You hope to have enough time or money to do what you truly want to do?
- Your body keeps having problems, causing you pain?
- You have a chronic ailment that bothers you greatly?
- You have unresolved issues with your parents or others that make life

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difficult?

- You long for a wonderful intimate relationship, but your Mr. or Mrs. Right is nowhere to be found?
- You actually lack for nothing materially, have everything you want, are healthy, popular, have a harmonious family – almost everyone envies your life – but you know very clearly: "I am not happy." And you want to know how to find true happiness.

Regardless of whether your current resistance comes from material/wealth, physical/mental health, interpersonal/intimate relationships, or the pursuit of inner peace and joy... I believe

that as long as you consider the possibilities of the concepts conveyed in this book and seriously test the "Sedona Release Method" taught here, then no matter what resistance you are currently encountering, it can definitely be resolved smoothly.

But again, "don't believe, and don't disbelieve either, everything you hear. Verify it with your personal experience."

Are you ready?

Next, let's begin to understand the Sedona Release Method!

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Releasing Useless Energy

SEDONA METHOD

When you learn how to release useless energy and move closer to the perfect, complete, true you, you will find that more and more "good things" start happening to you...

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The Sedona Release Method for Clearing Inner Obstacles

When the rotten apples inside you decrease, and you get closer to the golden layer underneath – the perfect, complete, true you – you will find that more and more "good things" start happening to you...

The main purpose of this book is to convey the Sedona Release Method left by Lester.

So, what exactly can this method help us achieve?

Imagine a container with a layer of gold at the bottom. Gold, even without embellishment, is inherently valuable and beautiful.

However, there is a layer of apples placed on top of the gold, so when we look down from above,

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we only see the apples and not the gold underneath. Unfortunately, for most people, the apples covering the gold are rotten.

When we realize this doesn't look good, we might go to the market to buy fresh apples and put them on top of the rotten ones. But because the layer underneath is rotten, these good apples will soon rot as well.

We find this strange, so we buy more apples to put on the previous rotten ones, but again, these good apples will rot soon...

If we want the good apples we put in to last longer, what should we do?

The answer is obvious: First, clear out the rotten apples.

Interestingly, once we start "clearing out the rotten apples," as the number of rotten apples decreases, the gold at the bottom will also start to emerge. In the end, we'll find—we never actually needed to put apples on top at all...

Because the gold itself is already beautiful and valuable enough.

Now let's make an analogy: Think of this container as yourself. The true you—your "True Self"—is like the gold at the bottom of the container, inherently beautiful and valuable.

However, from childhood, you and others have placed many apples on top of the gold through various means: thoughts, beliefs, feelings, emotions, basic desires.

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These apples obscure your ability to see and express your true nature... And unfortunately, most of them are rotten.

At some point, through certain opportunities, you begin to be dissatisfied with the impact these inner "rotten apples" have on you. So, you start seeking change. You try to make yourself "think positively," "raise your limits," "ignite your inner energy" through courses or reading. But you find that no matter what you try—attending inspirational seminars by top

masters, listening to subliminal CDs daily, or telling yourself in the mirror "You're the best"—the result is always the same: the effect lasts only two or three days, at most a week.

If you've had similar experiences and have been puzzled by why the effects don't last, or even thought those positive thinking/inspirational things were "fraudulent," now you should know where the problem lies: you were essentially putting good apples on top of rotten ones. Even if you put the world's finest apples on top (like attending a course by a world-class success guru), the result is always the same: the good apples will soon rot, and your life will quickly return to its original state, as if it were all a misunderstanding.

So, if you want the "good apples" you input through courses or reading—so-called "positive" thoughts, beliefs, etc.—to last longer, what should you do?

You also need to first clear out the inner "rotten apples."

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Interestingly, if you decide to clear out this inner useless energy and actually start removing these inner layers of garbage layer by layer, you will gradually discover during the process that putting in good apples was actually redundant, because you are already inherently wonderful.

The external world is a reflection of the internal world. Therefore, when your inner "rotten apples" decrease and you get closer to the golden layer underneath—the perfect, complete, true you—you will find that more and more "good things" start happening to you. Your life, whether in terms of material wealth, physical and mental health, or interpersonal/intimate relationships, becomes increasingly effortless. And living effortlessly is your natural state.

In the next section, let's look at the different forms of inner useless energy.

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Different Levels of Useless Energy

Suppose there is a tree blocking your view, preventing you from seeing your inherently "perfect, complete, omniscient, omnipotent, omnipresent" True Self. To clear your vision, you decide to remove this tree. What options are available to you?

The Sedona Release Method aims to help you clear the inner rotten apples (release useless energy), thereby allowing you to gradually see the gold underneath (return to your True Self).

Please note the term used here: "useless energy."

Many people label certain thoughts as "positive" and others as

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"negative," some emotions as "positive," others as "negative." However, in reality, regardless of the type of thought, belief, feeling, or emotion, they are just energies of different densities. "Good" vs. "Bad," "Positive" vs. "Negative" are merely labels we attach.

This physical world is a world of duality—good and bad, right and wrong, yin and yang. But any metaphysical teaching will tell you that the original state of this world is "Oneness," which is the state of awareness we aspire to reach. However, whenever you use terms like "positive energy," "negative energy," "good energy," "bad energy," "high frequency," or "low frequency," you are actually reinforcing the concept of duality.

Therefore, this book does not use "positive" or "negative" energy, but rather "useless energy"—energy that is of no use or help to us, or that is inconsistent with the direction we want to go.

Types of Useless Energy

So, what types of useless energy can the Sedona Release Method help us release? Let's look at this tree diagram based on the type and the efficiency/difficulty of releasing it:

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Various Feelings

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Assume this tree is the obstacle blocking your view, preventing you from seeing your inherently "perfect, complete, omniscient, omnipotent, omnipresent" True Self. To clear your vision, you decide to remove this tree. What options are available to you?

You could pick the leaves off one by one, but that would take a lot of time, and by the time you remove some leaves, new ones might have grown.

If you want to be a bit more efficient, you could consider cutting off the small branches. Each small branch you cut would remove many leaves at once; however, this still isn't very efficient.

To be even more efficient, you could try cutting the thick branches connected to the trunk. Each thick branch you saw off would remove many small branches and even more leaves.

And if you could cut directly through the trunk, then all the thick branches, small branches, and leaves would disappear together.

Is there an even more efficient way? You've probably already thought of it: start from the roots. Uproot the tree, and the whole thing disappears at once. This is the most efficient way.

1. Leaves → Thoughts

The leaves represent your thoughts. This is the most basic and familiar form of useless

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energy.

It is said that we have between 55,000 and 65,000 thoughts per minute. Regardless of where this number comes from, it's a lot. Just noticing them is difficult, let alone adjusting them one by one.

Furthermore, if you only deal with the thoughts themselves without completely removing the source of their vitality, it would be like the saying, "If you don't remove the roots when weeding, the wind will bring them back to life." Soon, your original thoughts will resurface, and your inner and outer world states will revert to how they were.

So, although the release method can also be used to process "thoughts" as useless energy, because the efficiency and results are less significant, we generally target more fundamental sources of useless energy.

2. Small Branches → Feelings

The relationship between thoughts and feelings is like that between leaves and twigs. A leaf's vitality comes from the twig; the twig delivers nutrients for the leaf to exist. A thought's vitality comes from a feeling. If you remove the feeling that nourishes a thought, the corresponding thought will automatically disappear, just like cutting a twig will cause the leaves to wither naturally.

As Charles Haanel mentioned in the *Master Key System*: "A thought is a mode of motion, and like 'light' and 'electricity,' the underlying principle is the same."

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(Page 41 contains a large block of seemingly random numbers, likely a formatting artifact. It has been omitted for clarity.)

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The root of all suffering—"the desire for security/survival." If you can release this basic desire, it's like uprooting the entire tree; nothing on the tree will bother you anymore.

Therefore, in terms of efficiency in clearing inner useless energy, directly releasing the three basic desires—"the desire to control," "the desire for approval/love," and "the desire for security/survival"—is faster and more fundamental than releasing the nine "emotional states" or releasing individual feelings. However, just like removing a tree by its roots requires the most physical effort, for most people, initially trying to deal directly with basic desires can be more difficult to grasp. Therefore, I recommend a progressive approach, starting with the easier parts and gradually moving deeper. This is an ideal way to proceed.

Consequently, in this book, I have divided "releasing useless energy" into beginner, intermediate, and advanced levels, corresponding to "feelings," "emotional states," and "basic desires" respectively. Next, let's first understand how to release the type of useless energy known as "feelings."

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Releasing the Useless Energy of Feelings

Most people temporarily escape their pain through socializing and entertainment, and then call that happiness; it's just avoidance! They can't stand being alone, can't stand being with their own thoughts, so they go to the movies, nightclubs, or visit friends, hoping to have something to do so they don't have to face their own mental chatter. When their attention is not on their thoughts and ideas, they feel better and then call that state "happiness."

— Lester Levenson

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Four Ways to Handle Feelings

1. Suppression

The first common way to handle feelings is "suppression." The education we receive does not encourage expressing emotions, as can be seen from sayings like "Men don't cry easily."

So, whenever emotions arise, we stuff them inside our hearts. We wear many masks to hide our true inner state. Even if we are fragile inside, we pretend to be strong, because that's a common value: you can't be weak, you can't lower your head, you can't cry...

But is suppression an ideal way to handle feelings?

Imagine a pressure cooker. If the pressure inside keeps increasing and the pressure release valve doesn't work, what will happen eventually?

Now imagine that this pressure cooker is your inner world, and the pressure inside comes from the emotional energy you have suppressed in the past, present, and future. When this pressure builds up and you don't notice it or open the release valve to let it out, what will happen in the end?

It's the same with inner feelings.

Many metaphysical teachings tell us that everything in the world is energy, and through

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quantum physics research, this view is gradually being scientifically confirmed. *The Science of Getting Rich* also mentions this concept: the raw material for everything in the world is the same primal substance, just with different densities.

Now imagine that a part of that "raw material" is shaped by us, through a decision, into something we call a "feeling." If we don't learn other ways to handle feelings and keep compressing this raw material into our emotional center, eventually, like a pressure cooker exploding, it will lead to physical and mental ailments.

Modern medicine is increasingly confirming that the root cause of most diseases is the same—stress. So, if you are often in a state of happiness and joy, it's hard to get sick.

Suppression is the most common way to handle feelings and causes the most harm to ourselves, so we don't recommend it.

2. Venting

"Okay, since suppression is bad, then I'll vent it out," you might say.

Indeed, compared to suppression, venting feelings is a better approach. So, when you feel sad, you cry; when you feel angry, you lose your temper, yell, hit someone, or use revenge to release. Although it provides temporary relief, because venting usually involves a target, it often produces backlash or side effects.

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Backlash occurs because the target of the venting may retaliate, and it eventually comes back to you. Side effects arise because you usually cause harm to the other person, which creates guilt. The result is that you've released one feeling but gained another.

Therefore, venting emotions is not an ideal way to handle them either.

3. Avoidance

The third common way to handle feelings is "avoidance."

I used to go to the movies whenever I felt down. But often, before the movie, I would be dejected; if the movie was good, I would feel better while watching it, but after it ended, I would always return to my original dejected state.

Do you have similar experiences? You feel slightly better only while doing the things you use to escape, but your "before" and "after" states are the same.

There are many ways we often use to escape, such as watching movies, watching TV, listening to music, reading books—keeping ourselves very busy to distract our attention. Other methods include traveling, shopping, and even smoking, drinking, and taking drugs.

The biggest problem with these methods is that they merely distract your attention; it's a passive approach of pretending something doesn't exist just because you don't see it.

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You might wonder, "You're saying most of these are entertainment. What's wrong with that?"

Don't misunderstand. I'm absolutely not saying there's anything wrong with doing those things (except drugs). But please recall how many times you tried to adjust your mood through these methods, only to get temporary results and then revert to your original state?

Everything is composed of energy, and feelings are no exception. Energy is indestructible; existence is existence. It won't disappear just because you cover your eyes or look away. As long as it exists, it will affect your external physical world. So, avoidance is also not a very good way to handle feelings.

Since these three common methods are not ideal, is there another way to fundamentally handle this problem?

4. Release

"Suppression is bad for health, venting affects others, and avoidance doesn't solve the problem. So what else can I do?"

This is the method I want to recommend the most, which is the fourth way: Release, or let go of, the energy that is not beneficial to you.

As mentioned earlier, everything is composed of energy, and feelings are included. Various feelings are just energies of different densities.

Feelings are formed by our own decisions. When we encounter certain things,

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we decide to have a certain feeling, and that primal substance takes the shape of the feeling we decided upon. Since a feeling is given its shape by "primal substance" through your decision, you can certainly decide to let it return to its primal, shapeless state. When it returns to its original form, it will no longer affect, burden, or harm you.

If we are willing, we can actually let any feeling energy leave and dissipate just by making a decision.

Don't believe it? Let's do an experiment!

Please close this book for a moment and go to a nearby bookstore or stationery store to buy a balloon.

"A balloon?"

Yes, you read correctly, a balloon. Please do not continue reading the subsequent content until you have bought the balloon. Remember Lester's words: "Don't believe anything you hear; verify it with your personal experience." Now is the chance to verify it yourself. If you don't go buy the balloon first, the later experiments and explanations will forever remain theoretical and won't be of much help to you.

Now, please close the book and go out to buy a balloon!

※☆※

Got the balloon?

Great! You've taken the first step in personally verifying things.

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Now, please blow up the balloon. Make it quite large, but don't pop it. Then, pinch the opening shut with your left hand.

Ready?

Now, please answer the following questions:

- Feel the balloon. It's round and tight. What is it filled with?
- Who blew the air into this balloon?
- The air inside this balloon really wants to do one thing. What is it?
- Why can't the air inside the balloon do what it wants to do?
- If we could decide to let go, and then actually let go, what would happen next?

After answering the above questions, let go with your left hand and see what happens. Then answer the following questions:

- To let the air out of the balloon, besides letting go, what else do you need to do?

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Now, please blow up the balloon again, and place it against your chest area.

Now, close your eyes and try to think of something you've been worrying about, concerned about, or afraid of recently.

As vividly as possible, "see" the thing you're worrying about, concerned about, or afraid of, and then observe the feeling in your chest area (your emotional center). Do you feel a dull, tight, stuck sensation, maybe even starting to feel your breath become a little uneven?

Now for another analogy: Treat the balloon in your hand as your feeling, and try to answer the following questions:

- Who caused this energy called a feeling to be stuck here, making you uncomfortable?
- The energy compressed in your emotional center really wants to do one thing. What is it?
- Why can't this energy do what it wants to do?
- If we could decide to let go, and then actually let go, what would happen next?

After answering these questions, let go with your left hand. As you imagine the "whoosh" sound of the air releasing from the balloon, imagine the feeling energy suppressed within you

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dissipating along with it.

Then, think again about the thing you were worrying about, concerned about, or afraid of, and observe the feeling in your chest area. Compared to before the exercise, is your feeling about this thing stronger, about the same, or has it lessened?

Now, please close the book and continue doing the exercise repeatedly on the same issue until your feeling about that thing at least reaches a neutral (neither good nor bad) state.

Releasing Your Feelings

Through the "balloon exercise," you should have gained some practical understanding of a few basic concepts:

- Any feeling is neither good nor bad, right nor wrong, should or shouldn't be; it is just a form of energy.
- Any feeling arises because we ourselves decided to have that feeling.
- This energy also wants to leave; the reason it cannot leave is because we are clinging to it.

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As long as we are willing to make a decision to release this energy and actually let go, it will naturally dissipate.

With this basic understanding, we can formally discuss how the Sedona Release Method operates for releasing the type of useless energy called "feelings." The entire process consists of three stages and six steps:

1. Allow and Accept

Regardless of the feeling you are facing in the moment, whether mild or intense, if you resist or judge it, you will generate another layer of useless energy, making it even harder to release the current feeling.

So, the first step in releasing useless energy is to allow and accept your current feeling. The method is:

Step 1 Calm down as much as possible, focus your attention on your inner world, and ask yourself: "What feeling am I experiencing right now?"

Step 2 Focus on observing your current feeling, and then ask yourself: "Regardless of what this feeling is, can I allow myself to have this feeling?"

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2. Go Deep Within

Did you play with soap bubbles as a child? Blown bubbles fly around chaotically, looking like solid objects, but if you try to catch them, they pop immediately upon touch. Feelings and other useless energies are similar. They appear very real, but if you are willing to stop avoiding your feelings (no matter how strong or scary they seem) and choose to face them head-on, letting yourself try to see and feel clearly what that feeling actually is, you will discover it's just like a soap bubble: there's nothing inside it.

So, the next step is:

Step 3 Give yourself enough time to feel the current feeling.

3. Choose to Let Go

As mentioned earlier, regardless of the feeling you have, it appeared through a "decision" you made. That feeling energy actually wants to leave; the only reason it can't leave is because, for one reason or another, you are unwilling to let go.

Therefore, to let the feeling leave, you also need to make some decisions.

The three decisions you need are: whether you "can," whether you "want to," and "when" you will release this useless energy. The following three questions will help

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you do this:

Step 4 Ask yourself: "Do I have the ability to let go and allow this feeling to leave?"

Step 5 Ask yourself: "Am I willing to let go and allow this feeling to leave?"

Step 6 Ask yourself: "When will I let go and allow this feeling to leave?"

Then repeat continuously until you feel the pressure in your chest subside or even disappear.

There are a few important points to remember when operating these six steps:

1. Avoid Mental Interference

Regardless of whether you currently want a more harmonious and abundant life or to find true inner happiness, what will bring you closer to your goal is not becoming an expert on "how" or "why" to release useless energy, but actually releasing the useless energy inside you.

So, to get the most out of the process, focus on observing and experiencing the release procedure itself, rather than constantly thinking about "why does this release useless energy?" or "what's the principle behind this process?"

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As Lester said: "Becoming an expert on these things is of little use; it's the actual doing that helps."

2. Answer Honestly Based on Intuition

First, answer based on your intuition and be sure to be honest with yourself. For example, if you think about something you're worried about and feel that worried feeling, then ask yourself: "Can I let go and allow this feeling to leave?" If your true feeling is "no," then honestly answer "no."

Remember, this is not a test; there are no standard answers. It's not about getting a perfect score by answering "yes," "willing," and "now" every time for steps four, five, and six. The point is not what you answer, but whether you have released the useless energy you intended to release.

The only condition for getting the maximum effect from the Sedona Release Method and helping you release unhelpful feelings is: Answer with your heart, honestly.

In fact, as long as you can answer honestly, even if you answer "no," "unwilling," or "next lifetime" to steps four, five, and six throughout the entire process, you will still eventually get the result of "release."

For the underlying principle, please refer to the section – Releasing the Useless Energy of Emotional States.

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3. If You Can't Answer Affirmatively, Return to Step 1

When asking yourself any of the questions in steps four, five, or six, if you can't currently answer "yes," "willing," or "now," then go back to step one and start the process over.

If you have asked yourself the questions several times in a row but still cannot give an affirmative answer, don't worry. Just continue cycling through the process and continuing to answer honestly. Eventually, your answer to these three questions will definitely be: "Yes," "Willing," "Now."

How to Have a Clean Inner World

Imagine that your living space is currently very messy, and you want it to become tidy from now on. What would you do?

First, you need a thorough cleaning. You need to clean up the accumulated dust, dirt, garbage, and clutter that takes up space but is useless. Not only that, but after the big cleaning, you also need to develop a new habit: start tidying up as you go along and not accumulate garbage and clutter anymore. This way, your living space can remain clean in the future.

The inner world is the same. If you want to keep your inner world clean, you need to start what I call "inner cleaning"—a process of clearing useless energy.

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You need to truly face, accept, and process those feelings instead of using the old methods of "suppression" or "avoidance." Additionally, you should develop a habit of daily maintenance. From now on, cultivate the ability to become aware of useless energy as it arises and to make the decision to release it.

Daily Inner Cleaning

For the "inner cleaning" part, I suggest that from now on, you set aside at least 15 to 30 minutes each day specifically for release practice targeting the type of useless energy called "feelings." Follow the process outlined earlier. First, calm yourself down as much as possible, shift your attention to your inner world, and then try to recall events or situations that made you feel uncomfortable. Use this recollection to evoke feelings you may have previously avoided or suppressed. Then, focus on those feelings, give yourself some time to sense them, and then sequentially ask yourself: "Do I have the ability to let go and allow this feeling to leave?", "Am I willing to let go and allow this feeling to leave?", "When will I let go and allow this feeling to leave?" Again, answer with your heart, not your head. If you cannot answer any of the questions affirmatively, return to the first step and repeat the process.

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Instant Release

For daily maintenance, start paying attention to your feelings in each moment and release useless energy immediately. You can ask yourself from time to time: "What feeling am I experiencing right now?" Then focus on and sense that feeling. Next, sequentially ask yourself: "Do I have the ability to let go and allow this feeling to leave?", "Am I willing to let go and allow this feeling to leave?", "When will I let go and allow this feeling to leave?" If you cannot answer any of the questions affirmatively, go back to the first step and repeat the process until the feeling dissipates.

Try operating this way for one month, and observe and record the changes in your inner world and external world. I believe that after a month, you will be amazed by the effects of this seemingly simple method.

Of course, don't believe or disbelieve what I say. Verify it with your personal experience!

Next, we will discuss the biggest obstacle that not only causes various resistances in your life but also prevents you from seeing and expressing your "True Self"—the "Mind."

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The Source of Life's Resistance: The Mind

If you want to see your "True Self," you need to quiet the mind to a certain degree. As long as the mind is continuously stimulated by thousands of subconscious thoughts, it's very difficult to see your "True Self."

— Lester Levenson

During his inner exploration, Lester realized that each of our true natures can only be described as "perfect, complete, omniscient, omnipotent, omnipresent"—just as the great teachers of past and present have said.

"Is that so? If yes, why can't I see it, feel it, or

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express it?" You might wonder.

The reason we cannot see, feel, or express our true nature is that there is something blocking our view. That something blocking us is our "Mind."

image[[223, 422, 795, 596]]

Why can't we see or express our true nature?

It's like the diagram above.

So, if we hope to see and feel our True Self and manifest its characteristics—perfection, completeness, omniscience, omnipotence, omnipresence—in the physical world, we need to find a way to remove the "Mind" as an obstacle. To win every battle, you must know yourself and your enemy. So, let's first understand some of the characteristics of the Mind.

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Characteristics of the Mind

1. The Mind is the Sum Total of All Conscious and Subconscious Thoughts

Lester said: "If you want to know the sum total state of your mind, just look around you."

The "Mind" includes two parts: the "conscious mind" and the "subconscious mind." Simply put, the conscious mind is what you know you are thinking. The subconscious mind is what you don't know you are thinking.

Many books or courses describe the "subconscious mind" as somewhat mysterious. In reality, it's not that mystical. Think of the subconscious mind as the messiest drawer in your desk, or your home's storage room—the place where you stuff everything you don't need, don't want to see, or don't use right now. The only difference is that drawers or storage rooms hold clutter, while the subconscious mind holds thoughts.

Furthermore, many things that become automatic also go to the subconscious for processing. For example, you don't need to consciously control your breathing, heartbeat, metabolism, and other physiological functions because they are handled by the subconscious.

The Mind is the sum total of the conscious and subconscious. To know the current state of your mind, the method is simple: just look at the current state of your physical world.

How is your financial situation? How are your relationships with friends, family, and your partner? How is your physical and mental health? From the state of the physical world, you can get a pretty good idea of the state of your conscious and subconscious mind. This method is quite accurate and very honest.

If you can accept the concept that "thoughts create the physical world," then the understanding that "Mind = Sum total of all conscious and subconscious thoughts" can bring an important insight—if you have consistently been unable to create your ideal situation in your world, it definitely means there are thoughts or beliefs in your subconscious that are inconsistent with the direction of your conscious mind. If you don't find and release these thoughts and beliefs, no matter how hard you try, you won't be able to create the ideal results you want in your world.

So, regardless of your current stage, the challenge lies in how to bring those subconscious thoughts and beliefs that are inconsistent with the direction we want to go up to the conscious level so we can release them (as shown in the diagram). The following chapters will explain the method in detail.

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2. The Mind is Just a Storage and Playback Device; You Can't Expect It to Have All the Answers

Imagine a computer in front of you. Open the operating system's "search" function and search for the document "Zero Resistance in Life.doc".

If you have never saved a document named "Zero Resistance in Life.doc" on this computer before, what message will the computer display? That's right, it will find nothing.

Our minds are the same.

Suppose you set a goal of "making a million a month," but you and those around you have never known anyone who makes a million a month, and you have never encountered any information about "making a million a month." What will your mind tell you then?

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Either it will be blank, or it will pop up with sentences like: "Impossible!", "It's not that simple!", "Maybe next lifetime!"

But imagine if you were born into Bill Gates' family. When you say to yourself, "I want to make a million a month," what would your mind tell you?

Perhaps your mind would even ask back: "A million? That's just pocket change, right?"

What's the difference? Is it because Bill Gates' son has a brain a hundred times better than yours? No. The issue is whether your mind has previously stored information on this subject.

Suppose you search for the document "Zero Resistance in Life.doc" on your computer and find nothing. Would you complain that the computer is terrible or smash it to pieces because of that?

Probably not, right?

Because you clearly understand that it simply means the document isn't stored on the computer; it means nothing more.

Similarly, if you ask yourself a question, and because you haven't stored relevant information in your mind in the past, it cannot provide an answer, and then you blame yourself, it's just as unnecessary as blaming a computer for not finding a document that was never saved on it.

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So, if you want to be able to find "Zero Resistance in Life.doc" on your computer, what can you do?

One way is to open a Word document on your computer right now, type a few words, save it, and name it "Zero Resistance in Life.doc". Then, the next time you search, you can find it.

Is there another way? Since we live in the Internet age, we all have a very convenient tool: search engines. So, if we want to find this document, another way is to connect to a search engine like Google, type "Zero Resistance in Life" into the search box, and perhaps find it in the vast ocean of information.

So, if our minds currently can't find results for the question "How to make a million a month," what can we do? There are also two ways:

First, start storing relevant information in your mind. You can start reading books written by people who make a million a month, attend their courses, or directly seek their advice. This kind of approach increases the information in your mind, allowing it to know that the goal is achievable and establishing a database of possibilities. Then, your mind will have data to search and can start deducing the most likely way to achieve your goal.

However, this direction has a major limitation. The answers your mind can provide are still limited by the amount of information you have stored. Therefore, it's difficult

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to generate inspiration, creativity, or achieve your wishes in breakthrough ways.

Is there a more ideal way? Yes.

Second, start connecting with Infinite Intelligence. There are amazing ideas and creations in the world. If you ask those who often have many ideas and inspirations how they do it, most will tell you it was "a flash of insight," "an idea from God," "a thought that popped up in the shower," and so on. Almost no one can clearly list a standard operating procedure for generating ideas and inspiration.

This situation tells us: if you want ideas and inspiration, you can't use "thinking" – thinking won't get you there! You need to connect to that all-knowing "Infinite Network." And if, in pursuing your goals or solving difficulties, you are willing to move in this direction, the final results will surely amaze you—the way your wish is fulfilled, the process of solving your problems, will be full of surprises and unexpected delights.

The method is also within this book.

3. Your Mind Always Tends to Maintain the Status Quo

Whenever you are about to make any change, your mind will try to convince you not to do it in various ways.

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For example, you have a wish you want to fulfill. When you encounter an opportunity that could actually help you achieve it quickly, your mind often shouts things like: "I can't do it!", "What if I fail?", or "It can't be that good!", trying its best to make you back off.

Why does the mind do this? Because one of its functions is to ensure your safety and survival. The mind is only sure of one thing: "You are still alive so far." That is, for the mind, as long as you don't make any changes, you can continue to survive safely. Anything you want to do that is inconsistent with the status quo will be categorized by the mind as "unsafe," and it will try its best to convince you not to do it.

Although the mind has this tendency, there's no need to be angry with it. It's just trying to keep you safe. Understand its good intentions, and when it tries to do its job and starts flashing red lights or applying the brakes, just tell it: "I know. Thank you."

That's all.

4. The Mind Likes to Complicate Things

In every "Zero Resistance in Life" course, when I get to the point about this tendency of the mind, I often first ask those who have seen *The Secret* to raise their hands, and then

continue: "If you've seen *The Secret* and went on to buy other books, keep your hand raised."

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Then, I survey the number of related books they have purchased. Most people end up buying more related books, some even over 30.

Then, I ask these well-read people: "After reading so many related books, regarding the theme of the 'Law of Attraction,' have you found anything beyond these three elements: 1. A clear and precise picture; 2. A feeling consistent with that picture; 3. Taking action when opportunities and inspirations arise?"

Every time, the answer I get is: "No."

I myself once fell into this tendency. And after that, I also discovered the same fact: the content of all these books is pretty similar.

"So why did I keep wanting to buy and buy?" I asked myself.

Later, the answer I got was that there was a voice hiding somewhere in my mind at the time, muttering: "It's not that simple! You better understand the ins and outs of the Law of Attraction first! Otherwise, you might end up like all those success theories you learned before—completely useless."

So, to understand where the Law of Attraction came from, I went and researched a bunch of books, audio programs, and videos. In the end, I found that it all boils down to the same principle. Universal laws are always very simple.

Don't get me wrong—I'm absolutely not against reading and learning more. However, if I had to pick the number one key factor from my experience of climbing out of the valley, it definitely wasn't

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"absorbing a large amount of information," but rather "doing simple things every day."

Your thoughts create your world. I believe that the fact you are now coming into contact with this book must have some significance. So, I would also suggest that from now on, you start becoming aware of your mind's tendency to "complicate" things. Constantly remind yourself to give the method you are currently learning enough time to test it out. Don't be too quick to doubt whether it's right or effective, and don't rush to find alternatives. After the testing

period, if you determine that the current method is insufficient or unsuitable for you, then you can look for other related courses, books, or advice.

5. The Mind is Good at Weaving Stories

Henry Ford once said: "Whether you think you can, or you think you can't – you're right."

This statement directly describes the mind's characteristic. When you say "I can't," your mind will search its conscious database for various pieces of evidence to support the decision "I can't," weave a long story to prove your decision is correct, and even create some realities in the physical world to prove you really can't, further supporting your belief.

Conversely, if you say "I can," the mind will similarly search its conscious database for evidence to support this decision and start creating realities in the physical world that reinforce the belief "I can."

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So, the key word here is "decision."

You first make a decision to believe something, and then you see the reality in the physical world. The inner world is the "cause," and the outer world is the "effect." Do not confuse cause and effect, putting the cart before the horse.

6. The Mind is Your Tool for Creation

Lester said: "Whether we know it or not, the fact is that everyone is constantly manipulating the primal substance at all times. Everyone—whether they want to or not—has always been a creator. It is impossible to 'not' be a creator. Everyone is creating every single day. If you haven't realized it yet, it's because you haven't paid attention in the past. Every thought will materialize in the physical world unless it is reversed. To prevent a thought from materializing in the physical world is impossible. If, after having a thought, we think another thought of equal power but opposite direction, we can neutralize it. However, as long as a thought is not reversed or neutralized, it will eventually materialize. Therefore, many people work hard trying to learn how to create, but it's actually something we've always been doing. What we truly need to do is simply guide it consciously."

Many people mistakenly believe they need to learn how to be creators. That's a complete misunderstanding.

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Just like if you are male, do you need to do anything to "be" male? No, because you already are. If you are female, you don't need to do anything either; you already are.

Similarly, you don't need to learn how to be a creator because you have always been one from the very beginning. If everything has gone smoothly for you so far, you created that. And even if your life is full of resistance now, you created that too.

You are a creator. That has never changed.

The difference is simply that you may have been creating unconsciously in the past, letting information previously stored in your mind determine your life. From this moment on, you can become the master of your own life, deciding what experiences you want to have. That's all.

Creation requires tools, just as a sculptor needs a chisel and a painter needs brushes and paint. For us, the tool for creating in the physical world is our Mind.

So far we've seen some characteristics of the mind. You might feel that the mind is annoying and causes us a lot of trouble. That's not the case.

In fact, the mind can be a very good helper. It can help you create everything you want to experience in the physical world and also help you observe and witness your experiences.

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The difference is just "who is in charge."

In the past, you let the mind be in charge, and it shaped your life up to now based on past stored data. Now, you have an opportunity to decide whether to continue letting the mind be the master or to let someone else take charge—you taking charge, directing the mind, telling it what you want to experience and witness next.

It's all a decision. So, the question is, what decision will you make next?

"Not Thinking" to Get Answers

The mind can be our biggest obstacle, but it can also be our best helper. How can we make it a helper instead of an obstacle? There are a few exercises you can do at this stage.

Whenever you "want to understand" something, thinking about questions like "Why is it like this?", "Why do I need to do this?", "How should I do it?", "Is this right?", "How can I...?"—you are activating your mind, asking it to give you a rational answer.

But remember, the mind is a "storage and playback device." If the answer was in your mind,

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you would have already known what it was; you wouldn't still be "wanting to understand." And even if your mind gives you an answer after you ask these questions, it would just be past stored data processed through logic. Usually, you will find the answer is "reasonable" but definitely limiting, with no breakthrough insights.

As mentioned earlier, although you can expand your mind's database by reading books, taking courses, etc., the more ideal way is to connect to the "Infinite Network." The way to connect to this Infinite Network is to release your "desire to understand"—meaning, the way to get answers is to "not think."

This sounds strange, but it's true. Again, don't believe or disbelieve these words. Test them! The methods are the same as before, with two directions: "Instant Release of 'Wanting to Understand'" and "Inner Cleaning":

1. Instant Release of 'Wanting to Understand'

Whenever you become aware that you are "wanting to understand" something, ask yourself: "Am I wanting to understand something right now?" Then observe your inner feeling and sense the feeling associated with wanting to understand.

Then sequentially ask yourself: "Do I have the ability to let go and allow this feeling to leave?", "Am I willing to let go and allow this feeling to leave?", "When will I let go and allow this feeling to leave?" If the answer to any of these questions is no, go back and ask yourself: "Am I still wanting to understand something right now?" and repeat the process.

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If the answers to all three questions are affirmative, then finally ask yourself: "Am I still wanting to understand this thing?" If you still want to understand, continue repeating the entire process.

2. Inner Cleaning

Besides being aware of your state in each moment, you can also deal with accumulated useless energy of this type from the past. The method is as follows:

Ask yourself: "Have I ever wanted to understand something?" Then wait for the answer to emerge from within. Remember, don't use "thinking" – that would just make the mind produce more "wanting to understand."

When memories of past instances of "wanting to understand" surface, focus your attention on the feelings, observe what you feel about that memory, and sense that feeling.

Then sequentially ask yourself: "Do I have the ability to let go and allow this feeling to leave?", "Am I willing to let go and allow this feeling to leave?", "When will I let go and allow this feeling to leave?"

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If you cannot answer any of the questions affirmatively, go back and repeat the process.

When you can answer all three questions affirmatively, finally ask yourself: "Am I still wanting to understand this thing?" If you still want to understand, continue repeating the entire process.

Hearing the Inner Voice of Wisdom

Seeing this, you might ask: "So you're saying to release until you no longer want to understand the thing you originally wanted to understand? But then the original problem that caused me to 'want to understand' still exists! Isn't that a bit like an ostrich burying its head in the sand?"

I mentioned earlier that this is indeed a very strange thing: the more you try to understand, the less you truly can. The only way to truly "understand" is to "not want to understand."

From my personal experience so far and observations in my courses, two things happen when you release the "desire to understand":

1. You will find that what you previously wanted to understand was just "much ado about nothing."
2. The wisest answers will automatically emerge from within.

Both types of reactions are common during my "Zero Resistance in Life" courses.

Generally, at the beginning of the course, before I have fully conveyed the Sedona Release Method, whenever a student asks me, "Teacher, what should I do if...?", I would directly tell them my opinion.

By the middle of the course, after teaching the basic operating steps of the Sedona Release Method, when a student asks me, "Teacher, what should I do if...?", I no longer directly give my opinion. Instead, I guide them to operate the Sedona Release Method themselves.

I would ask them: "Do you want to understand this thing?" Then I'd have them observe and feel the feeling of "wanting to understand" and use the three questions to help release this useless energy.

Finally, I would ask back: "What do you think about that issue now?"

A common first reaction is that they would pause for a moment and then say: "I forgot what my question was." Then they'd laugh at themselves! Minutes earlier, they were frowning, trying to understand the problem. Minutes later, without anyone telling or convincing them, they discovered for themselves that the problem they were so concerned about wasn't actually that important.

For those who still remembered their problem after the release, when I asked, "What do you think about it now?", what came out of their own mouths was wisdom that even surprised them. Just minutes earlier, they were stuck in their own problem, hoping someone or something would tell them why this was happening or what to do next!

Once might be coincidence. Twice might be coincidence. But if this situation keeps happening, it's no longer coincidence. It indicates that what many teachers of past and present have said—that the nature of humans is perfect, complete, omniscient, omnipotent, omnipresent...—is absolutely true!

And this nature exists within you too. No matter what resistance you are currently facing in life—financial problems, poor health, relationship disharmony—you want to remove these resistances. The wisdom within you has already been contemplating the most ideal, fastest, most harmonious solution. But because you're busy trying to force your limited mind to figure out a solution, because you're busy looking for answers and advice in the external world, you can't hear or see the voice of your "True Self."

Stop seeking or waiting for someone to tell you the answer, because the answer is not there—regardless of whether that "someone" is a teacher, master, or deity.

In fact, what you truly need is just a method that allows you to hear that voice.

Now that you have this method, as long as you decide to use the Sedona Release Method more often, you can let your "True Self" guide you. Doing so will allow you to change direction most easily, effortlessly, and naturally, removing all the life resistances you don't want.

Same old question: "What decision will you make?"

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Releasing the Useless Energy of Emotional States

Think about it: Suppose you are driving a car, but you have one foot on the accelerator and the other firmly pressing the brake. What would happen?

Earlier, we used the analogy of a tree blocking our view, preventing us from seeing and expressing our "perfect, complete," "omniscient, omnipotent, omnipresent" True Self.

Now you understand that regardless of whether your current goal is to "manifest desires and solve problems in the physical world" or to "return to your True Self and find true happiness," the action you need to take is the same: release the inner useless energy that is inconsistent with the direction you want to go.

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So far, you have learned how to "cut off the small branches" (releasing the level of "feelings"). If you seriously practice and verify this through experience, you will surely start seeing many different changes in your life—some that may even feel quite magical.

However, as we mentioned before, releasing at the level of "feelings" is like trying to make a big tree disappear by constantly cutting off twigs—it's not a very efficient method. If you want to be more efficient, what should you do? Directly saw off the thicker branches. This will remove many twigs and, consequently, even more leaves.

In the Sedona Release Method, the "thick branches" refer to the nine "emotional states." If you can categorize feelings under their corresponding emotional states and release the useless energy at the level of the emotional state (sawing off the thick branch), you can release many similar feelings (twigs) at once, consequently removing the vitality of many related thoughts (leaves).

Understanding the Nine Emotional States

The Sedona Release Method divides emotional states into nine categories: Apathy, Grief, Fear, Lust, Anger, Pride, Courageousness, Acceptance, and Peace.

As mentioned earlier, if you can classify various "feelings" under their corresponding emotional states and then release useless energy at this level, it will be more efficient. To do this, you need to understand which emotional state your problem belongs to. Therefore, you need to understand the definitions of the nine emotional states:

1. Apathy

Definition: No hope, believing that even having hope is useless. Believes that one can do nothing, and that no one can help either. Withdraws and plays dead to avoid further harm.

When in the state of "Apathy," you believe you can't do anything well or achieve anything. You also feel that no one or no force can help you. Not only that, but you also worry that doing anything more might lead to further harm.

Therefore, you do nothing—including even "asking for help."

2. Grief

Definition: Longing for someone to help us, because while we ourselves cannot do it, perhaps someone else can—we cry out hoping someone will lend a hand.

When in the state of "Grief," you lack confidence in your own ability to overcome obstacles, difficulties, or achieve goals and wishes. However, you believe that perhaps some person or force (whether tangible or intangible) can help you.

Therefore, you hope to find a way to get this person or force to lend you a hand.

3. Fear

Definition: Wanting to take action but not doing so because we believe we will be crushed or hurt. So, even though we want to do something, we still don't act.

"Fear" is a relatively easy emotional state for most people to understand. In this state, although you want to take some action, you are afraid of getting hurt, so you remain inactive.

In life, fear often manifests when we say things like "I'm afraid...", "I'm worried...", or "What if...?"

4. Lust

Definition: The desire to possess. Craving money or various people, things, or circumstances, but with hesitation. We may or may not take action; there are underlying thoughts like "I can't do it," "I don't deserve to have this," etc.

Simply put, "Lust" is "wanting with a 'but'."

Whenever you say, "I hope..., but..." or "I want..., however...", for example:

- "I hope my income increases, but my education level isn't high enough."

- "I want to buy a house, but prices are so high right now. It would take 10 or 20 years of not eating or drinking to afford it..."
- "I wish I could do what I want, but it seems like I wouldn't be able to support myself..."

At these times, you are in the state of "Lust." This kind of "wanting with a 'but'..." is precisely the biggest factor preventing you from "manifesting your thoughts."

I often use the analogy of "driving" to illustrate this concept: Imagine you are driving a car with one foot on the gas and the other pressing the brake. What happens? You hear the engine roaring and fuel is being consumed—but no matter how hard you press the gas, you remain stuck, unable to go anywhere.

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If you have things you want to own, wishes you want to fulfill, but your emotional state remains stuck in "Lust," with the inner voice often saying "I hope... but...", "I want..., however...", it's like driving with one foot on the gas and the other on the brake! You will find your inner energy constantly being depleted without achieving anything.

5. Anger

Definition: Wanting to take action to harm or stop others, yet with hesitation; may or may not take action.

When in this emotional state, you want to "get even" or make the other party pay what you believe they owe, and your mind is full of thoughts on how to do it. Actions taken in the "Anger" state are usually destructive. Because the energy available for "creation" in this state is already quite high, these actions often produce many side effects.

6. Pride

Definition: Wishing to maintain the status quo, unwilling to let things change, and therefore hoping others won't change either, because they might surpass one.

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When your state is "Pride," because the available creative energy is already quite high, there are more and more manifestations in both your inner and outer worlds that reflect your inner state.

If your material wealth, physical and mental health, and interpersonal/intimate relationships are developing smoothly, and these "evidences" begin to coalesce into a philosophy you

consider "correct": you will think you know everything, hope others will see, recognize, and praise your achievements, and hope others will adopt your "correct" views as their own.

For example, when hearing ideas consistent or inconsistent with your own, if your state is "Pride," you might have reactions like:

- "I knew that a long time ago."
- "This is the same as what (a certain book, course, teacher, or master) said."
- "That's not right. It should be... instead."

This is why the emotional state of "Pride" often becomes a threshold or barrier for many people seeking to improve. When these thoughts are present in the mind, you won't be willing to continue moving forward because you feel you've had enough, that things are already good enough. If at this point you can maintain awareness or mindfulness, noticing these little voices inside you, and make a correct decision, you can cross this threshold and ascend to the next level.

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7. Courageousness

Definition: Willing to take action to do, correct, or change whatever needs to be done or changed, without any fear or hesitation. Willing to let go and thus able to move forward.

Think back: In your life so far, have you ever had an experience where, regarding a plan you wanted to execute, you felt deep down that "It's no problem!", "I can definitely do it!", "If I just do this, it will definitely..."? You didn't need to convince yourself, encourage yourself, or tell yourself to believe. The possibility of failure didn't even cross your mind.

That feeling is pretty good, right? If you look back further and organize your recollections, you should find that things done in this state usually go very smoothly. Even if challenges arise during the process, resources will surely appear to help you overcome them. This emotional state is called "Courageousness."

8. Acceptance

Definition: There is nothing that needs to be changed. No judging right or wrong, good or bad. Things are just as they "are," and there's nothing wrong with that. Everything is wonderful. I have everything and enjoy everything.

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When your emotional state is "Acceptance," you can accept the differences between all things, free from personal preferences and biases. You can accept others as they "are"—whatever that looks like. You understand that everything that happens is what should happen—whether it's a "good" or "bad" event. You see beauty in everything. You enjoy what you have right now. You know that when you need something, you will have it.

9. Peace

Definition: I am completely one with my True Self. I am inherently perfect and complete. All things are part of my True Self. Everything is absolutely perfect.

This is a state that is difficult to describe with any language. Even if it could be described, the description would be superfluous. I leave it for you to experience personally.

Finding the Energy That Creates Amazing Results

After understanding the definitions of each emotional state, we can further understand these nine emotional states from an overall perspective.

For convenience, we will call the six emotional states of Apathy, Grief, Fear, Lust, Anger, and Pride the "negative emotional states"; and the three emotional states of Courageousness, Acceptance, and Peace the "positive emotional states."①

The closer a person's emotional state is to "Apathy," the closer their available energy is to zero. Available energy increases sequentially through Grief, Fear, Lust, Anger, Pride, Courageousness, and Acceptance. The closer a person's emotional state is to "Peace," the closer their available energy is to 100%.

You will find that when a person is in the emotional state of "Apathy," it is very difficult for them to change their situation. This is precisely because most of their energy is wasted on suppression, leaving very little available energy. Conversely, when a person spends most of their time in the state of "Peace," their influence on the physical world is greatest.

If you have been exposed to *The Secret*, the "Law of Attraction," or taken some courses, you may have heard that "to create what you want, you need to 'feel good'." If so, you need to slightly revise this concept.

As mentioned, available energy increases as the emotional state rises. Therefore, even in the states commonly called "negative"—Apathy, Grief, Fear, Lust, Anger, and Pride—as long as the available energy isn't zero, you can

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still create in the physical world.

So, understand that in fact, "creation" happens all the time regardless of whether you feel good or bad—it doesn't only occur in positive emotional states. If we observe some people whom society deems "successful," we'll find that not all of them are gentle and virtuous. Many of them admit their motivation comes from so-called "negative" forces, like anger or fear, yet they can still achieve amazing results.

You might say: "If that's the case, then I don't need to improve my emotional state, do I?"

Not exactly.

Although creation in the physical world is possible even in negative emotional states, the physical world is also governed by the "Law of Compensation." This universal law states: "You reap what you sow," "As you give, so shall you receive," "What goes around comes around," which is the Buddhist concept of karma. If you use negative emotional states as your driving force for creation, there will eventually be a reaction that returns to you. This reaction will manifest in areas such as your material wealth, physical and mental health, and interpersonal/intimate relationships.

When you are in a positive emotional state, any action you take will be constructive—naturally aligning with various universal laws, both in the process and in the results. Conversely, although creation in the physical world is possible in negative emotional states, because actions taken in these states are destructive, they inevitably trigger a chain of cause and effect, producing many unhelpful side effects.

Interestingly, when you are at either end of the emotional spectrum—"Apathy" or "Peace"—the external manifestation is the same: inaction. The difference is that in "Apathy," you believe you can't do anything, no one and no force can help you, and you fear further harm, so you do nothing. In the state of "Peace," you do nothing because in your eyes, everything is already perfect and beautiful, moving in perfect harmony, with nothing needing change. This is "non-action" (wu wei).

After understanding these nine emotional states, one conclusion is that regardless of what you are currently seeking, the common direction is to raise your baseline emotional state to a positive level, meaning at least reaching "Courageousness" and above.

Knowing Where You Are Now

If you go to a larger scenic area or theme park, there are usually maps placed at intervals showing you what attractions or facilities are available. However, without a very important prerequisite, this map is completely useless. That prerequisite is:

You need to know where you are now.

So, besides raising your emotional state towards "Peace," you also need to know your current position. I call this finding your "baseline emotional state."

How to find your baseline emotional state?

Please review the definitions of the nine emotional states again. Then, look back: in a 24-hour day, 365 days a year, which emotional state do you spend most of your time in? Pay special attention to recalling times when you are quiet and alone. Although you might enter different emotional states during the day due to different events, when the influence of these external events weakens or disappears, you will always return or come close to your normal state. This normal state is your baseline emotional state.

Today's Date / My Baseline Emotional State
(Apathy/Grief/Fear/Lust/Anger/Pride/Courageousness/Acceptance/Peace)

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Please write today's date and your current baseline emotional state in the table above. Then, periodically (for example, once a month), re-evaluate your baseline emotional state and record it. This way, you will be able to clearly see your progress and generate motivation to continue releasing resistance.

Learning to Release Emotions

The closer your emotional state is to "Peace," the closer your inner and outer states are to what you truly "are"—your "True Self"—that perfect, complete, omniscient, omnipotent, omnipresent existence.

How can you raise your baseline emotional state, getting closer and closer to Peace, or even beyond?

The answer remains: by getting rid of what is "not you"—that is, releasing the useless energy within you.

You have already learned how to directly release various feeling energies. Now you will learn how to directly release the "emotional state" level of useless energy. The operation is the same as for releasing feelings, with two directions for practice: Inner Cleaning and Daily Maintenance.

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1. Inner Cleaning

The purpose of Inner Cleaning is to release accumulated useless energy from the past. From now on, you can release inner useless energy at the emotional state level. Compared to directly releasing feelings, this is more efficient. When conducting Inner Cleaning at the emotional state level, the procedure is as follows (using "Apathy" as an example):

① Sit down, relax your body in your preferred way, and begin focusing your attention on your inner world. ② Once you are calm, try to recall a past experience where you felt the emotional state of "Apathy." What images did you see? What sounds did you hear? What physical sensations did you have?

At this point, don't try too hard to "think," as that might cause your mind to fabricate more stories. Just give yourself a command like, "I allow memories and feelings of past experiences of Apathy to surface." Then remain still and let the answers emerge. If after some time no memories or feelings surface, move on to experiencing the next emotional state.

③ Observe what you feel about that past experience, and give yourself some time to sense that feeling. ④ Sequentially ask yourself:

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Releasing Useless Energy

"Do I have the ability to let go and allow this feeling of Apathy to leave?" "Am I willing to let go and allow this feeling to leave?" "When will I let go and allow this feeling to leave?"

If the answer to any of these questions is no, go back to step ② and repeat the process until you can answer yes, then proceed to the next question.

⑤ Repeat the process until your feeling about that experience at least reaches a neutral state (no particular feeling). (It would be even better if you can release to a state of Acceptance or Peace.)

Please note that just because something doesn't surface immediately doesn't mean it isn't there. Before this, you may never have known how to release. Your ways of handling inner useless energy were either avoidance or suppression. Therefore, as long as you have experienced a particular emotional state at some point in your life, that useless energy may still be suppressed deep inside. If left unprocessed, it will eventually affect you in some form.

Therefore, I strongly suggest investing more time to conduct Inner Cleaning for each emotional state (even those you intuitively think you don't have).

2. Daily Maintenance

Besides releasing accumulated useless energy from the past, you can also release feelings arising in the present moment at the emotional state level. The difference from directly releasing feelings is that when you connect a feeling to its corresponding emotional state for release, you can simultaneously release other useless energy within you belonging to that emotional state, making your release more efficient.

When conducting Daily Maintenance at the emotional state level, the procedure is as follows:

① Sit down, relax your body in your preferred way, and begin focusing your attention on your inner world. ② Observe your feeling in this present moment and give yourself some time to sense it. ③ Ask yourself: "For me, which emotional state does this feeling belong to?"

You can ask yourself one by one: "Is it Apathy?", "Is it Grief?", "Is it Fear?", and so on. Then see which emotional state your intuition says the current feeling belongs to. Remember, use your heart, not your head, to answer—listen to your inner answer, don't think it!

④ Sequentially ask yourself: "Do I have the ability to let go and allow this (your answer) feeling to leave?" "Am I willing to let go and allow this feeling to leave?" "When will I let go and allow this feeling to leave?"

If you cannot answer any of the questions affirmatively, go back to step

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② and repeat the process until you can answer yes, then proceed to the next question.

⑤ Repeat the process until your feeling at least enters a neutral state (no particular feeling). (It's best if you can release to a state above Courageousness.)

Release Good Emotional States Too

Earlier, when discussing the release of useless energy related to "feelings," I mentioned that as long as you are willing to answer the three questions—"Can I?", "Am I willing?", "When?"—no matter what you answer, even if you consistently answer "no," "unwilling," or "next lifetime" to all three, it won't affect the final result—release.

Why is this? Review the nine emotional states again and try to answer these questions:

- When a person is willing to face their current or past feelings about an experience, which emotional state are they closer to?
- When a person is willing to go deep into energy that might feel very uncomfortable and sense that feeling, which emotional state are they closer to?

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- When a person is willing to ask themselves the three questions: "Do I have the ability to let go and allow this feeling to leave?", "Am I willing to let go and allow this feeling to leave?", "When will I let go and allow this feeling to leave?", and answer honestly, which emotional state are they closer to?

You will find the answer is "Courageousness." So, by the very act of being willing to follow each step of the Sedona Release Method, you are continuously pulling your emotional state upward. This is why, even if you initially cannot answer the three questions affirmatively, with enough repetition, you will eventually get the results: "I have the ability to release," "I am willing to release," and "I want to release now."

If your baseline emotional state rises to "Courageousness," and you then ask me: "How can I rise further to Acceptance or Peace?", I would tell you: "Release the feeling of Courageousness."

You might find this hard to understand. Perhaps you worked hard to elevate your emotional state to Courageousness, and "Courageousness" seems positive and good. Why throw away something good?

The answer is simple: because there is something even better waiting for you. Being willing to release these so-called "good" feelings and "positive" emotional states allows you to rise to the emotional state of "Peace." Ultimately, when you even release "Peace," you will enter a state beyond Peace—returning to your True Self and finding true happiness.

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Releasing the Useless Energy of Basic Desires

We are all beings without limits, but we are limited by the many limiting concepts in our minds. So, stop being what you are not—a limited mind and body—and be what you truly are: an infinite, completely free, magnificent, naturally flowing, perfect and complete being.

— Lester Levenson

Now you have learned how to saw off the thick branches—by connecting feelings to the nine emotional states to release useless energy more efficiently. Next, we will learn to cut the trunk and uproot the tree—that is, to release inner useless energy even more efficiently by releasing the "basic desires."

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The basic human desires include the desire to control, the desire for approval/love, and the desire for security. If you can categorize feelings under these three basic desires and then release them (cutting the trunk or pulling the roots), you can simultaneously release many related emotional states (thick branches), more related feelings (twigs), and remove more related thoughts (leaves).

Before explaining the basic knowledge you need regarding these three basic desires, let's first understand the origin of the various levels of useless energy.

The Origin of Useless Energy

If you are willing to do some research and look into various teachings about the true nature of human beings, you will find that regardless of the religion or philosophy, the descriptions of this "True Self" are remarkably consistent—inherently perfect, complete, omniscient, omnipotent, and omnipresent.

Lester once said: "Everyone should strive to reach a state of desirelessness. As long as we have any desire, we are in a state of lack. 'Wanting' and 'lacking' are synonymous. This 'wanting' keeps us stuck in a world full of limitations, unable to move. 'Wanting' is the greatest enemy of joy."

Think about it: If you had never been sick since birth and had never seen anyone else sick, would the words "complete health" have any meaning to you?

You could read the words and guess their meaning, but you would never truly understand how wonderful health is. Only those who have been sick truly know how precious and wonderful health is.

Similarly, for a being that is "perfect, complete, omniscient, omnipotent, and omnipresent," how could it know what it truly is? There is only one way: to make itself imperfect, incomplete, non-omniscient, non-omnipotent, and not omnipresent, and then return to its original state from that condition. So, to know what it is, you made a decision to enter this limited body.

From the moment you are born into this physical world, external circumstances begin to build the illusion of "I." You start forgetting who you truly are and begin to identify more and more with this body, this name, and the things you own.

When you still remembered who and what you were, there was no concept of "insecurity" in your awareness—for an omniscient, omnipotent being, what danger could there be? However, when you began to mistakenly identify yourself with this body, you experienced separation from the whole, and thus you started feeling insecure.

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At this point, the first and most fundamental basic desire arises: the desire for security/survival.

As you grow up, you discover one thing: if you can gain the love or approval of your external environment, it can ensure your survival. This is when the second basic desire arises: the desire for love/approval.

Later, you discover that the external environment doesn't always give you the love/approval you want. This is when the third basic desire arises: the desire to control (to change the external environment).

"Control" requires means or tools, so you develop nine emotional states (Apathy, Grief, Fear, Lust, Anger, Pride, Courageousness, Acceptance, Peace). These nine emotional states then generate various feelings, and feelings provide vitality for various thoughts and beliefs, shaping your experiences and events in the physical world.

This is the true story behind everything you have experienced so far.

Lester said: "That true you—your 'True Self'—is infinitely magnificent, complete, perfect, and eternally in a state of complete peace. The reason you cannot see this is because you think you are that limited 'false self.' Throw away that blindfold—your false self—and you will forever be in perfect peace and joy."

The following diagram can help you further understand this concept.

image[[405, 301, 625, 836]]

Turn this image 180 degrees. Does it look familiar?

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Notice the infinity symbol in the background of the diagram. Because some things are printed on the paper, you can't clearly see the infinity symbol behind them. That infinity symbol represents what "is"—our "True Self." The things in front are our "false self" (ego).

Just like removing the printed text and arrows would allow you to clearly see the infinity symbol behind them, if you can release your thoughts, feelings, emotional states, basic desires, and the illusion of "I," you can return to you—your True Self.

Basic Desire One: Control

Now you know that whether at the level of thoughts, feelings, or emotional states, the origin of useless energy comes from the three basic desires: "control," "approval/love," and "security."

Classifying the various feelings that arise or are found within you under their corresponding basic desires and then releasing at the level of these basic desires is the most efficient way to release useless energy. However, to do this, you must first be able to distinguish whether your behavior, words, and thoughts originate from a particular basic desire. With this foundational understanding, you can further observe what you feel when you are "wanting to control," "wanting approval/love," and "wanting security." After that, you can release useless energy at the level of these basic desires.

Think about it: When do people "want"?

If you already "have" something, would you still "want" it? No, right? So, the premise for any desire to arise is "believing you don't have."

When you believe a situation has gotten out of control or is not within your control and you need to do something, this will trigger the basic desire to control.

Synonyms for "Wanting to Control"

What are some examples of displaying the desire to control? Some examples include:

- Wanting to change
- Wanting to understand
- Wanting to manipulate
- Wanting to force
- Wanting to correct
- Wanting to be "right"
- Wanting to win/beat others

Exercise

Please recall and list the thoughts you've had that were actually expressions of the desire to control. You can ask yourself: "When I was wanting to ___, was I actually wanting to control?"

Ways to Satisfy the Desire to Control

Common methods used to "control" the inner and outer world include:

- Yelling and shouting
- Giving the silent treatment
- Humiliating others
- Ignoring others
- Making others feel guilty
- Giving others what they want (e.g., security, approval, praise)
- Controlling others' necessities (e.g., money)

Exercise

What methods have you used to control people, things, or situations in the external world? Write them down.

Inner Cleaning: Desire to Control

The purpose of this exercise is to evoke and release the useless energy you have suppressed in the past that originates from the basic desire to control. The procedure is as follows:

① Sit down, relax your body in your preferred way, and begin focusing your attention on your inner world. ② Once you are calm, try to recall a past experience where you wanted to control someone, something, or a situation. What images did you see? What sounds did you hear? What physical sensations did you have?

Again, don't try too hard to "think," as that might cause your mind to fabricate more stories. Just give yourself a command like, "I allow memories and feelings from past experiences of wanting to control to surface." Then remain still and let the answers emerge. If after some time no memories or feelings surface, move on to observing the next basic desire.

③ Observe what you feel about that past experience, and give yourself some time to sense that feeling. ④ Sequentially ask yourself: "Do I have the ability to let go and allow this feeling of wanting to control to leave?" "Am I willing to let go and allow this feeling of wanting to control to leave?" "When will I let go and allow this feeling of wanting to control to leave?"

If you cannot answer any of the questions affirmatively, go back to step ② and repeat the process until you can answer yes, then proceed to the next question.

⑤ Repeat the process until you no longer have the thoughts and feelings of wanting to control that person, thing, or situation. You can confirm this by asking yourself: "Do I still want to control (the person/thing/situation you originally wanted to control)?"

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Basic Desire Two: Approval / Love

Lester said that all human suffering comes from desire, and any desire stems from the mistaken belief of lacking something. Similarly, the basic desire for "approval/love" comes from a feeling of lack of approval or love. Therefore, usually when you feel you are not being loved or haven't received the respect or recognition you deserve and therefore need to do something, it triggers the basic desire for approval/love.

Synonyms for "Wanting Approval/Love"

What are some examples of displaying the desire for approval/love? Some examples include:

- Wanting to be accepted
- Wanting to be respected
- Wanting to be taken care of
- Wanting to be noticed
- Wanting to be understood
- Wanting to be liked
- Wanting to be praised

Exercise

Please recall and list the thoughts you've had that were actually expressions of the desire for approval/love. You can ask yourself: "When I was wanting to ___, was I actually wanting approval/love?"

Ways to Satisfy the Desire for Approval/Love

Common methods used to gain recognition or love from the external world include:

- Being a "good person"
- Acting helpless or pitiful
- Dressing up carefully

- Living according to social standards
- Pursuing goals deemed worthy by society

Exercise

What methods have you used to gain recognition or love from the external world? Write them down.

Inner Cleaning: Approval / Love

① Sit down, relax your body in your preferred way, and begin focusing your attention on your inner world. ② Once you are calm, try to recall a past experience where you wanted approval/love. What images did you see? What sounds did you hear? What physical sensations did you have? ③ Observe what you feel about that past experience, and give yourself some time to sense that feeling. ④ Sequentially ask yourself: "Do I have the ability to let go and allow this feeling of wanting approval/love to leave?"

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"Am I willing to let go and allow this feeling of wanting approval/love to leave?" "When will I let go and allow this feeling of wanting approval/love to leave?"

If you cannot answer any of the questions affirmatively, go back to step ② and repeat the process until you can answer yes, then proceed to the next question.

⑤ Repeat the process until you no longer have the thoughts and feelings of wanting approval/love. You can confirm this by asking yourself: "Do I still want approval or love from (the person/people you originally wanted it from)?"

Basic Desire Three: Security

Similarly, the basic desire for security comes from the mistaken belief that you are not safe or that you must do something to ensure your safety and survival.

Usually, when you feel challenged or threatened, feel insecure, or feel like you might not be able to survive, and therefore need to do something, it triggers the basic desire for security.

Synonyms for "Wanting Security"

What are some examples of displaying the desire for security? Some examples include:

- Wanting revenge/retaliation
- Wanting self-defense

- Wanting to protect oneself or others
- Wanting to attack others

text[[235, 449, 284, 461]]

Exercise

Please recall and list the thoughts you've had that were actually expressions of the desire for security/survival. You can ask yourself: "When I was wanting to ___, was I actually wanting security?"

Ways to Satisfy the Desire for Security

Common methods used to gain a sense of security include:

- Following inner fears

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Releasing Useless Energy

- Procrastinating, avoiding decisions
- Saving a lot of money
- Avoiding risks
- Keeping a low profile
- Seeking protection from a higher power

Exercise

What methods have you used to gain a sense of security? Write them down.

Inner Cleaning: Security

① Sit down, relax your body in your preferred way, and begin focusing your attention on your inner world. ② Once you are calm, try to recall a past experience where you wanted security.

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What images did you see? What sounds did you hear? What physical sensations did you have? ③ Observe what you feel about that past experience, and give yourself some time to sense that feeling. ④ Sequentially ask yourself: "Do I have the ability to let go and allow this

feeling of wanting security to leave?" "Am I willing to let go and allow this feeling of wanting security to leave?" "When will I let go and allow this feeling of wanting security to leave?"

If you cannot answer any of the questions affirmatively, go back to step ② and repeat the process until you can answer yes, then proceed to the next question. ⑤ Repeat the process until you no longer have the thoughts and feelings of wanting security when thinking about that experience.

When doing Inner Cleaning for the three basic desires, please note: Even if you intuitively feel that a certain basic desire isn't a big issue for you, it doesn't mean there isn't useless energy related to that desire within you. I suggest spending enough time exploring each of the three basic desires within yourself and releasing their associated useless energy.

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The Most Efficient Way to Release Useless Energy

Besides releasing accumulated useless energy from the past, you can also release feelings arising in the present moment at the level of basic desires. Since this connects directly to the root of all useless energy, it is the most fundamental and efficient way.

When conducting Daily Maintenance at the basic desire level, the procedure is as follows:

① Sit down, relax your body in your preferred way, and begin focusing your attention on your inner world. ② Observe your feeling in this present moment and give yourself some time to sense it. ③ Ask yourself: "For me, which basic desire does this feeling come from?"

You can ask yourself one by one: "Is it from wanting to control?", "Is it from wanting approval or love?", "Is it from wanting security?" Then see which basic desire your intuition says the current feeling originates from. Again, use your heart, not your head, to answer—listen to your inner answer, don't think it!

④ Sequentially ask yourself: "Do I have the ability to let go and allow this feeling of wanting (control/approval/security) to leave?"

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"Am I willing to let go and allow this feeling to leave?" "When will I let go and allow this feeling to leave?"

If you cannot answer any of the questions affirmatively, go back to step ② and repeat the process until you can answer yes, then proceed to the next question.

⑤ Repeat the process.

Observe and record the changes in your inner and outer worlds after releasing the desires to control, be approved/loved, and be secure.

Imagine what your life would be like if you could completely release the desires to control, be approved/loved, and be secure. Don't worry, you won't become a cold, unfeeling creature. In fact, you might:

- Always feel very relaxed, knowing that everything is under the control of a perfect rhythm, all is perfect, and nothing needs to be changed.
- Feel confident and at ease regardless of external approval or love, knowing that you are always in love—that you yourself are love.
- Deeply know that you are always taken care of by the universe at all times, and that no person, thing, or event can threaten your security.

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Let me remind you again: "Don't believe, and don't disbelieve either, anything you hear. Verify it with your personal experience."

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Super Effective Inner Clearing Procedure

A person needing another person mistakes that for love; in truth, when a person is truly loving, they will never cling to or bind another person.

— Lester Levenson

The "Inner Clearing Procedure" is another very powerful tool within the Sedona Release Method, especially suitable for fundamentally releasing the useless energy you have avoided or suppressed in the past regarding a specific person.

Initially, this tool was only used by the release method instructors or consultants of the time. Lester deeply understood that for instructors or consultants, whether they could release their own useless energy regarding their students or clients before teaching or providing consultations would directly affect the quality of help they could offer. So, to allow instructors and consultants to effectively clear their inner useless energy before, during, and after classes or consultations, he specifically designed the "Inner Clearing Procedure."

Later, because Lester believed this tool should be made public to benefit more people, you now have the opportunity to learn this powerful tool.

One reason this tool was initially reserved for instructors and consultants is that it is an advanced method; it's easier to grasp after you've gotten the hang of and felt the basic release exercises.

Therefore, I would suggest that students first practice the basic release exercises, and after truly grasping what "release" feels like, then learn and practice this tool.

What Benefits Can the Inner Clearing Procedure Bring?

When Lester began looking inward for answers, he started asking himself many questions, such as: Why all this struggle in life, just for a little bit of happiness? He further considered what exactly "happiness" is, and how people could truly be happy.

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He began to recall his 42 years of life to see if there was ever a time he was happy. He found that when he achieved something, that feeling seemed nice. Was that feeling "happiness"? He rejected this answer because whether it was winning a scholarship or achieving something in business, that "good feeling" always faded after a while. He continued exploring and got another answer: "Happiness comes from being loved"—because he noticed that whenever he had a woman who loved him, he felt quite pleasant. At this point, he formulated a theory:

Happiness = Being Loved

He further pondered: If this theory were correct, am I happy now? The answer was obviously no. So, if the formula above is correct, it could also be expressed as:

I am not happy now = I am not loved now

He asked himself: "Am I not loved now?"

He found that wasn't true either. He had family who loved him, friends who loved him, and many women who loved him...

The conclusion was: The formula "Happiness comes from being loved" doesn't hold. He had to keep searching.

He thought again: If happiness doesn't come from being loved, could it come from "loving"? He felt this theory seemed plausible, so he began to recall past experiences in his

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42 years of life where he had loved others. He remembered a summer camp in high school where a classmate struggled to set up a tent. He volunteered to help, and they chatted and laughed while setting it up. Remembering that experience, he felt truly happy. He continued to review his past and found that regardless of the person, whenever he loved and gave without expecting anything in return, he felt very happy. The theory "Happiness comes from loving" was becoming more than just a theory.

He then thought: "What if I could convert all the situations in my past where I was not 'loving' into 'love'? What would happen?" This idea excited him, and he prepared to run an experiment.

Experiments always need a target. When he asked himself who to start with, the first person that came to mind was his primary care physician. He thought about the doctor and asked himself: "Can I love him?" What surged up was intense anger. He said, "No way, he's too horrible! He saved me only to tell me he couldn't help me and to send me home. They just didn't want to see a treatment failure constantly appearing in their presence."

But he didn't give up. He kept asking himself repeatedly, "Can I love him?" The answer was always "No, he doesn't deserve my love." Although he always got a negative answer, he noticed a strange phenomenon: his anger towards the doctor seemed to weaken each time he asked himself "Can I love him?".

At a certain point, a voice emerged within him saying: "It's not whether he deserves your love, but whether you can do it." From this point on, his release accelerated. After some more time practicing, suddenly, he could feel the inner state of the doctor—the struggle of a sixty- or seventy-year-old doctor having to tell a young man in his prime that his life was over, and the regret of being unable to help his patient. All these feelings welled up in Lester's heart.

At that moment, Lester wept. In his heart, he said to the doctor: "Doctor, you bastard... I love you."

From then on, Lester applied the same process to all memories over his 42 years of life where he was not "loving," converting all instances of "not loving" into love. After doing this, he found his inner energy growing stronger and stronger, so much so that he only needed to sleep one hour a day and still felt energetic enough to continue his inner exploration. Sometimes the energy was so strong he couldn't sit still and had to go out for a brisk walk to expend some energy before he could return home and continue his inner work.

After two or three months like this, he suddenly realized something—he hadn't died yet. The doctor had originally given him only two to three months to live, but not only was he still alive, he found himself healthier than at any point in the previous 42 years.

So, as long as you can also convert all the situations in your past where you were not "loving" into love, your inner state will keep rising just like Lester's. You will become increasingly joyful and happy. And because the external world is a reflection of the internal world, when your inner state improves, the external aspects—material wealth, health, relationships—will naturally become increasingly harmonious and perfect.

What is True Love?

Lester described "true love" in these ways:

"Love is a feeling of giving without the slightest thought of getting anything in return."

"Love is acceptance."

"Love is allowing the other to have everything they want—even if it's something you can't provide."

"Love is giving without conditions."

"True love is being able to love the other person as they are."

"One person needing another mistakes that for love; in truth, when a person is truly loving, they will never cling to or bind another person."

"Almost everyone mistakes the recognition received by the ego as love, and because that's not true love, it cannot bring satisfaction. The result is a constant need or demand for recognition, which only brings more frustration."

Using the "Inner Clearing Procedure," you can help yourself release suppressed or avoided useless energy from the past and convert it into "love."

How to Operate the Inner Clearing Procedure

Relax your body, close your eyes, focus your attention on your inner world, and mentally "see" the image of the person you are doing the Inner Clearing for.

Step 1: Control

① Ask yourself: "Has he/she ever tried to control me?" and answer with intuitive honesty. ② Ask yourself: "Have I ever tried to control him/her?" and answer with intuitive honesty. ③ Ask yourself: "At this moment, can I allow him/her to be the person he/she 'is'?"

Repeat these three questions until you can allow the person to be as they are (whatever that may be). When you can answer the third question affirmatively, you can proceed to the next basic desire "Approval/Love." If the answer is no, go back to question ② and repeat until you can answer all three questions affirmatively.

Step 2: Approval / Love

④ Ask yourself: "Is there anything about me that he/she dislikes or doesn't approve of?" and answer with intuitive honesty. ⑤ Ask yourself: "Is there anything about him/her that I dislike or don't approve of?" and answer with intuitive honesty. ⑥ Ask yourself: "At this moment, do I feel only love for him/her?"

Repeat these three questions until you feel only love and acceptance for the other person. When you can answer the third question affirmatively, proceed to the next basic desire "Security/Survival." If the answer is no, go back to question ④ and repeat until you can answer all three questions affirmatively.

Step 3: Security / Survival

⑦ Ask yourself: "Has he/she ever challenged, opposed, or threatened me?" and answer with intuitive honesty.

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⑧ Ask yourself: "Have I ever challenged, opposed, or threatened him/her?" and answer with intuitive honesty. ⑨ Ask yourself: "At this moment, do I feel only security and trust towards him/her?"

Repeat these three questions until you feel only security and trust towards the other person. When you can answer all three affirmatively, you can end the Inner Clearing Procedure. If the answer is no, go back to question ⑦ and repeat until you can answer all questions affirmatively.

After completing the three main steps of Inner Clearing for Control, Approval/Love, and Security, picture the person you were working on clearly in your mind once more, as vividly as you can. Observe how you feel about this person now. If you find feelings other than love/acceptance still present, repeat the three main steps again. If you find that indeed only love/acceptance remains, allow yourself to sense that feeling, giving yourself some time to fully immerse yourself in the state of love/acceptance.

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The Six Steps to Freedom, by Lester Levenson (Sedona Release Method)

To summarize the premise and process of "releasing" into a simple, understandable, step-by-step system, Lester organized the Six Steps in 1974. They are:

7. You must want inner freedom (your true goal) more than you want to control, be approved of, or be secure.
8. Decide that you can release and attain a state of freedom (your true goal).

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9. Realize that all feelings can be traced back to three basic desires: the desire for approval/love, control, and security. Observe this and immediately release the desire for control, security, and approval/love.
10. Release continuously and constantly. Whether alone or with others, constantly release the desire for approval/love, control, and security.
11. If you encounter a sticking point in releasing, release the desire to change that condition.
12. Each release will make you feel lighter and happier; if you continue releasing, you will become even lighter and happier.

Let me now explain the key points of these six steps in order:

1. You must want freedom (your true goal) more than you want to control, be approved/loved, or be secure.

Regardless of whether your current goal is to achieve a specific desire, solve a problem, find something missing inside you, or attain spiritual growth, the direction to achieve it is the same: you must release the useless energy within you.

If your desire to achieve your goal is not stronger than your attachment to the three basic desires of "security," "control," and "approval/love," then "release" cannot happen—you will continue to cling to useless energy, no matter how many times you repeat the guiding questions.

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2. Decide that you can release and attain a state of freedom (your true goal).

The first two words of this step are a very big point: "Decide." Maybe you couldn't release a certain useless energy up until this moment, but even so, you must clearly understand one thing: the inability to release is only because you made a decision, for some inexplicable reason, "I will not let go and allow this useless energy to leave." Since you can decide to hold on, you can also decide to let go and allow it to leave.

3. Realize that all feelings can be traced back to three basic desires: the desire for approval/love, control, and security, and immediately release the desire for control, security, and approval/love.

This step is also the core of the release method. Although releasing at the level of feelings or emotional states will also make you feel lighter and happier, the most fundamental and effective way to return to your original nature is still to release the three basic desires.

4. Release continuously and constantly. Whether alone or with others, constantly release the desire for approval/love, control, and security.

If you expect that after learning the Sedona Release Method, the inner useless energy will disappear on its own without you doing anything, you will certainly be disappointed. The Sedona Release Method is a practical method, not a magic trick. To make it effective, you need to develop the habit of using it. If you want it to be most effective and efficient, then you need to achieve one more thing: continuity. If you only release for a few minutes when you "have time," hoping to quickly clear the useless energy accumulated over the past few years or even decades, that is a completely unrealistic expectation.

5. If you encounter a sticking point in releasing, release the desire to change that condition.

"This feeling just won't release no matter how long I try! What should I do?" This is one of the questions I get asked most often. Step 5 of the Six Steps provides the simplest yet most effective solution.

Whenever you encounter such a sticking point in releasing, ask yourself:

"Do I want to change this _____ situation?" (For example: "Do I want to change this situation where 'it just won't release no matter how long I try'?")

Then feel the feeling of "wanting to change...", and ask yourself:

"Do I have the ability to let go and allow this feeling to leave?" "Am I willing to let go and allow this feeling to leave?" "When will I let go and allow this feeling to leave?"

Then ask yourself again: "Do I still want to change this situation?" If you still want to change it, repeat the process until you no longer want to change it.

You will find that when you stop wanting to change the sticking point you're facing, the sticking point will magically disappear on its own.

6. Each release will make you feel lighter and happier; if you continue releasing, you will become even lighter and happier.

The sixth step is less a step and more a promise Lester makes for the Sedona Release Method: as long as you are willing to release, you will definitely become lighter and happier. And as long as you don't stop after tasting the benefits and are willing to continue releasing, your state can keep improving.

Although you have read quite a lot in this book so far, in terms of the knowledge you need to have about the method of releasing useless energy, it can all be said to be included in these Six Steps. So, understanding the Six Steps means understanding everything conceptually needed about the Sedona Release Method.

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Exercise

Suggestion: During your daily practice of the Sedona Release Method, frequently review these Six Steps and the key points of each step. Doing this has two benefits:

1. It reminds you what areas regarding useless energy release you can strengthen and how to do so.
2. If you encounter any problems during releasing, you can quickly find the answers yourself.

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Using the Sedona Release Method to Create What You Want

SEDONA METHOD

Actually, you are not a victim. Actually, you have the power to make the world the way you want to see it, rather than just passively accepting outcomes. Actually, you can arrange your life according to your own will.

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(Page 135 contains a single "0", likely a formatting artifact. It has been omitted.)

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What Do You Really Want?

If you analyze what everyone is currently pursuing, you will find that everyone is seeking "true happiness."

— Lester Levenson

Now, if you had one chance to make a wish, and no matter what you wished for, as long as you dared to say it, it would come true, what would you wish for? In the areas of material wealth, health, relationships, etc., what problems do you want to solve? What kind of person do you want to become? What things do you want to own? Please write it down.

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Whatever you wrote down, let me tell you a fact: "That" is not what you truly want.

No matter what you do or what you want, the one thing you truly want is very simple—just two words: "Happiness." When Lester spoke of this "Happiness," he always added, "with a capital H," meaning "true happiness."

One major difference between ordinary happiness and this "true happiness" is that when you attain this "true happiness," it is a permanent, everlasting joy without any lack. Ordinary worldly happiness is temporary; it fades after a while, and you constantly remain trapped in a cycle of pursuing happiness.

You might already be frowning with doubt: "Is that so?" Don't believe or disbelieve anything you hear; let's verify it.

Pick any one item you wrote down, and ask yourself: "Why do I want this?" Then, for your answer, ask: "Why do I want this?" And so on.

You will find that no matter who it is or what they currently want, if you keep asking this way, the final answer will inevitably be: "Because that would make me happier."

For example: Once during a "Zero Resistance in Life" course, I guided this process, and a student said his current top priority was "earning over 100,000 Yuan per month."

I asked him: "Why do you want to earn over 100,000 Yuan per month?" He replied: "Because then I could pay off all my debts and have some left over." I asked again: "Why do you want to pay off your debts and have some left over?" He said: "Because that would give me more security." I asked further: "Why do you want security?" He said: "Because then I wouldn't worry about money, and I'd feel better inside."

So, what he truly wanted wasn't actually an income of over 100,000 Yuan per month, but to "feel better." That is, what he was really pursuing was "happiness."

You can test this too. Keep asking yourself: "Why do I want this?" You will find that regardless of whether your current focus is on "manifestation," attracting the wealth, relationships, or health you want, on doing charity and helping others, or on seeking the Dao and spiritual growth, the underlying driving force is always the same: the pursuit of happiness.

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Most people make a very fundamental mistake, believing that this "happiness" they seek comes from external people, things, or situations. They often think: when they achieve a certain status, they will be happy; when they have enough money and time to do what they want, they will be happy; when their material wealth reaches a certain level, they will be happy; when their health is perfect, they will be happy; when everyone likes them, they will be happy.

If you reflect on your past experiences, you will find that such happiness never lasts. After achieving a goal or fulfilling a wish, once the brief joy fades, you always think: "Well, that was it. What now?"

If you observe quietly, you will find: you have always been looking for the answer in the wrong place.

If the answer isn't in the tangible things of the external world, then where is the "place with the answer"?

Here's what Lester said:

If you have experienced enough, lived long enough, and examined things carefully, you will undoubtedly discover this too: the joy we have long believed exists in the external world, and have been seeking there, actually isn't there. Only by looking inward can you find this "true happiness."

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No matter how long it takes or what kind of journey is involved, your destination is "finding true happiness." How can you find this "true happiness"? Lester said:

When we find "God," which is our "True Self," we find the ultimate joy. When we seek and find the complete truth, absolute truth, we also find the ultimate joy. That is also the highest good, and the highest good is the ultimate joy. Everyone is seeking liberation, and complete liberation is also that ultimate joy.

So, in summary, whether you call it God, goodness, truth, liberation, freedom, or True Self, it all refers to that ultimate joy. And everyone is searching for this God, goodness, truth, liberation, freedom, or True Self—without exception.

The only difference between people is that some are consciously searching for it in the place where it can be found, and therefore become increasingly happy. Others blindly search in the physical world, and therefore become increasingly frustrated as they search.

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Through these words, we understand that the true answer is not in the external physical world but in our inner world. At this point, you might be thinking, like many others: "Many people say that, and I can agree, but... what exactly do I do?"

Lester said:

The first important step is to establish the recognition that we are the masters of all matter (including the body). The second important step is then to become the master of the mind. Once we truly have control over our minds, we can, and will, let go of the mind completely and enter a state of omniscience. At that point, we will fully realize our infinite nature and enter the ultimate state of joy.

So, how can we achieve these two steps?

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You Should Become Your Own Master

Creating a million and creating a single dollar work on exactly the same principle; it's your mind that sets the difference between large and small. If a person has the ability to create one dollar, they have the ability to create a million. Observe how you successfully created one dollar, and then add six zeros. You need to raise your consciousness to a million, not stay fixated on one dollar.

— Lester Levenson

After reading the previous chapter on what you truly want, how do you feel?

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If you currently have urgent wishes or problems to solve in areas like material wealth, physical/mental health, or interpersonal/intimate relationships, your thought might be: "More high-minded talk. I can barely keep reading."

I totally understand.

If someone had come to me during my "dark period" and said, "It's okay! What you really want isn't those material things, but 'true happiness.' So don't worry too much about whether you have money or not. Because, you know, even having money can't bring you 'true happiness'..." I might have been able to suppress my anger, but I would have replied: "Listen, I don't know if having money makes you happy, but I do know that not having money right now makes me very unhappy!"

"If the destination is 'true happiness,' and this true happiness cannot be found in the physical world, does that mean we shouldn't pursue things in the physical world?" You might also have this question.

The answer is: Of course not. In fact: You should become your own master.

The Incentives for Becoming Your Own Master

Although what you truly seek isn't anything in the physical world, and becoming anyone, doing anything, or owning anything in the physical world cannot help you attain true happiness, in the journey of returning to your True Self to find true happiness, you should first seek to become your own master. There are three main reasons:

- Having more time, space, and energy to attend to the inner world
- Verifying what you believe and identify with during the process
- Becoming the master of your mind

These three are precisely the reasons Lester suggested using a strong desire you want to fulfill as an incentive while using the Sedona Release Method to clear your inner useless energy. Let me now explain these three reasons in detail:

1. Having More Time, Space, and Energy to Attend to the Inner World

Imagine Situation ①: You have no money and are heavily in debt, constantly in pain, sickly, unpopular, and have poor relationships with all your friends and family.

Now imagine Situation ②: You have ample material wealth, are healthy and full of vitality, and have harmonious and loving relationships with every friend and family member.

Try comparing these two extreme situations. In which situation do you think it is more likely for someone to have the energy and inclination to seek within the inner world? In which situation would someone be more willing to invest time sitting down to release inner useless energy?

When you shape your physical world to be more harmonious, you don't need to devote too much attention to it. When you don't need to spend much attention on the external world, you naturally have more space and attention to care for your inner world.

2. Verifying What You Believe and Identify with During the Process

I have continuously emphasized not to believe or disbelieve anything you hear, but to verify it with your personal experience. Only what you can do yourself can be considered truly "known" by you; otherwise, it's just hearsay.

Lester himself was a practitioner of this scientific thinking and approach. Whenever he gained new realizations from his inner True Self, he would first treat it as a theory, devise experiments to verify it, and only after confirming his realizations as true knowledge would he transmit them to those who needed or wanted this information.

The process of setting goals in the physical world, achieving them, and truly becoming the master of your world is the best opportunity to verify the various concepts you have heard, learned, and identify with.

So, if you currently have wishes, goals, or problems you want to solve in the physical world, focus on achieving or resolving them. Don't have the erroneous idea that "pursuing manifestation in the physical world seems like a lower level," because creating anything in the physical world is also a spiritual activity. The external world is a reflection of the internal world. Only when your inner self rises to a state of abundance and harmony can the various areas of your physical world become more abundant and harmonious.

3. Becoming the Master of Your Mind

Lester said: "The mind is just the sum total of all your thoughts, and all thoughts are limiting concepts. If you or I could stop thinking right now and maintain that state, that person could from then on become a being without any limits. It really is that simple, but it's not easy to do."

In recent years, spurred by *The Secret*, the "Law of Attraction" has become increasingly known. Simply put, the Law of Attraction says that everything you experience in life, good or bad, is created by you through your thoughts. Even more simply: "Thoughts create the physical world."

Since your thoughts create your world, to become your own master, you need to manage all your thoughts—that is, to become the master of your mind. This is the biggest foundation for success in the physical world. To fulfill your wishes, you need complete control over what you think and what you don't think, thereby aligning with the Law of Attraction and other

universal laws. If you pursue your wishes in this direction, you will inevitably become the master of your mind during the process.

What are the benefits? At that point, because you have regained your position as master, you can, as the master, command the servant to work. So, when you become the master of your mind, besides directing your mind to create the experiences you want in the physical world, even better, when you feel you've had enough of the creation game, you just need to give one command, "Silence!", and you can quiet your mind.

Then, you will be able to achieve what Lester called the second step, attaining what you truly seek—returning to your True Self and finding true happiness.

Lester's Experiment

Before the turning point at age 42, Lester had worked in many different industries, doing well in each. But strangely, at a certain point, something would always happen to cause his business to fail, resulting in heavy losses. He would then start over, succeed again, and then mess it up again... in a recurring cycle.

He had always found this strange, even feeling like the world was against him.

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During his inward exploration in isolation, he discovered that what he had been seeking all along was actually the state of "true happiness." However, he had made a big mistake—believing that the "sense of achievement" from developing a successful business was the "happiness" he was looking for. When he achieved his goals but found himself not as happy as expected, his subconscious would lose interest in that venture, thus creating situations that ruined the business. And while ruining things, he would experience more pain, prompting him to miss the sense of achievement (which at least felt better), so he would start another venture, continuing the cycle.

After realizing this, he said:

More importantly, I realized that I had always mistakenly believed that everything happening to me was the world against me. In fact, the one truly responsible for all of this was myself.

Discovering this brought him immense relief because he now knew:

- He was not actually a victim.
- He actually had the power to make the world the way he wanted to see it, rather than just passively accepting outcomes.

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- From this moment on, the control was back in his hands; he could arrange his life according to his will.

He also realized that any thought would inevitably materialize in the physical world, just a matter of time. He further considered that by reversing this process, he could also create whatever he wanted in the physical world. He said:

I found that everything that happened to me, I had indeed thought about it happening before it occurred. This means that if I can grasp this concept and find a way to apply it, I can then consciously decide what to let happen to me next!

One of the reasons I really like Lester's teachings is his scientific mindset. He told us: "You shouldn't believe anything we say, but rather prove its truth or falsehood by making yourself wealthier, feeling happier, and becoming healthier."

So, when he developed this theory, he began designing experiments to verify its correctness. He said:

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Another thing I realized was that I had to personally prove all of this—which, for someone with a scientific background like me, was very natural. As long as I could prove everything I realized was correct, I would be more effective in passing these insights on to others. So, I started trying to prove this new discovery. I began mentally picturing some things I wanted—starting with small things—and those things always manifested very quickly.

Later, I realized that the only reason I couldn't get bigger things was just one: I was afraid to think big. So, I asked myself: "In terms of physical things, what's the biggest thing I can think of?" The answer came: "Ah! A Cadillac, and a custom-made one." Then I started imagining the Cadillac I wanted. I saw myself driving it, and it was mine. Then I released that picture because I was already certain I had it. After about two weeks, a good friend came to me and said: "Lester, I just bought you the most beautiful Cadillac in the world." Then he described the car, and everything—color and interior—matched my imagination exactly.

"A friend of mine custom-ordered it," he said. "Then he didn't want it, so I only paid $4,000 for it."

I looked at him as he spoke. I didn't have that money.

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"Oh, don't worry about the money..." he added. "I'll pay for it."

I replied, "Can I give you my answer tomorrow?"

He looked at me puzzled. Who would need a day to think about such a good thing? But he still said, "Of course."

Experiment successful.

If someone offered you a Cadillac, how would you respond? I doubt many people would say, "Let me think about it," like Lester did.

Lester's thinking was different. For him, the rest of his life's focus was only on transmitting his realizations to those who wanted this information, not on accumulating or flaunting wealth. Achieving the wish of owning a Cadillac was simply a confirmation that the experiment was successful and the theory was correct.

To be able to do what he truly wanted to do, Lester didn't want others to see him as different from ordinary people. This Cadillac might create unnecessary distance for many people.

So, he eventually declined his friend's generous offer.

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Three Keys to Rapid Goal Achievement

Regarding creation in the physical world, Lester emphasized:

If you want a key to rapid goal achievement, I would suggest taking full responsibility for everything that happens to you. We all underestimate the control we possess and fall into the belief that we are victims in this world, controlled and oppressed by it. That's not the case! We give our power away to the external world, causing these things to happen to us. So, if you want to regain control, you must first take full responsibility.

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How to regain control? By examining and correcting your thinking patterns, developing the habit of honest introspection, asking yourself: "Why did this happen to me?" Then wait until the thought that caused this event surfaces from the subconscious to the conscious level. Then recognize that you are the master of everything; it was you who caused these good or bad events to happen.

The more you do this, the simpler it becomes, the better you get at it, and eventually—you will realize that you have always been the master.

To become the master of your world, the prerequisite is to be willing to start taking full responsibility for everything you experience in life—to begin establishing the recognition that "all of this is created by me through my thoughts."

The method is very simple. From now on, for everything that happens to you, whether good or bad, ask yourself: "How did I cause this to happen to me?" Try to recall what you did, what you said, or more importantly and fundamentally, what you thought before this event occurred, that caused it to materialize in the physical world.

Through this method, you will become increasingly convinced that "thoughts create the physical world." With this recognition, you can further apply this law to create your future world.

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Regarding how to successfully create the people, things, events, and experiences you want in the physical world, Lester summarized three key elements: focused thought on the goal, releasing all inner useless energy inconsistent with the goal, and letting go and letting God (Surrender / Release).

Key One: Focused Thought on the Goal

Lester said: "If you are clear about where you are going, it makes the journey easier."

To achieve your wishes or goals, the first element is to have focused thought on the goal. To meet this element, first you need to clarify what you want, and then make the goal attractive enough to arouse or strengthen your desire to achieve it.

Clarify What You Want

In the physical world, what people can pursue falls into three main areas: material wealth, health, and relationships:

- Material Wealth: Money and what money can buy.
- Health: Includes physical health and mental health.

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- Relationships: Includes interpersonal relationships, intimate relationships, etc.

Now, take some time to think and write down the wishes or goals you want to fulfill in these three areas (e.g., what kind of person you want to become, what things you want to own, what experiences you want to have, etc.).

Next, from the list of wishes or goals you have written, pick the one you most want to fulfill to practice with. You can ask yourself: "If I could only fulfill one of these wishes, which one would I choose?" Once you've picked one, you can proceed to the next step: writing a Wish Statement.

If You Don't Know What You Want

If you currently don't know or are unsure what you truly want, starting from what you "don't want" at this stage is a very convenient starting point.

Our minds have a natural tendency to notice and identify negative conditions. That is, compared to asking "What do you want (like, appreciate...)?", it's much easier for us to answer "What don't you want (worry about, dislike, want to solve)?"

The advantage is that by using this tendency, we can quickly identify what we currently want.

There are four simple steps from not wanting to wanting:

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Step 1: Choose a Life Area Decide which of the three main areas—material wealth, health, relationships—you want to start with. Fill in the blank in the table "My Ideal ____" (e.g., My Ideal Financial Situation, My Ideal Intimate Relationship, etc.).

Step 2: Ask yourself "In this area, what do I not want right now?" Write down everything you don't want in this area in the left column "What I Don't Want."

Here, "don't want" includes anything that causes you to worry, fear, feel annoyed, or dislike when you think of or experience it.

Step 3: For each item, ask yourself "If this isn't what I want, then what do I want?" Review each item one by one and write your answer in the right column "What I Want."

Step 4: Write a Wish Statement based on the answers in Step 3.

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My Ideal _____

What I Don't Want	What I Want
(e.g., I don't want to be in debt...)	(e.g., I want to be debt-free...)
...	...

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How to Write a Wish Statement?

Here are some basic guidelines and precautions for writing a Wish Statement:

1. Use the Present Tense

Regardless of what your goal is, if it were "already" achieved now, how would you describe your situation to others?

- "I will..."
- "One day I will..."
- "On such-and-such a date, I will..."

Probably not, right?

Lester said: "Never think of things happening in the future, because the mind will keep it in the future. See it, feel it, taste it, have it now. Don't view it in the future tense."

Suppose your goal is "to own a single-family villa of over 300 square meters with a garden, swimming pool, and two parking spaces." If this goal were already achieved, when a friend asked you about your house, you would probably answer: "I live in a single-family villa of over 300 square meters with a garden, swimming pool, and two parking spaces."

One of the secrets to writing a Wish Statement is to always describe it from the perspective of "already achieved." If you write in the future tense, you will just keep your wish in the future, and it will never come true.

When writing your Wish Statement, you can ask yourself: "If this goal were already achieved now, and I were talking about my current situation with a friend, how would I describe it?"

2. Positive Descriptions

Write what you want, not what you don't want. The Wish Statement should describe the final result you want to achieve. Therefore, ensure your statement does not mention problems you want to get rid of or solve; focusing on problems creates more problems.

3. Be as Specific as Possible but Don't Limit

In one course, I had students practice writing Wish Statements. After a while, I asked them to share what they wrote. One student's wish included wanting a car.

I asked: "A Nissan March is a car, a Cadillac is a car. Which one do you want?"

"I want one with a chauffeur," he replied.

"Buses and tour buses have chauffeurs. Is that what you want?" I asked again.

"No! I mean like a Mercedes-Benz, and I can hire a driver."

"OK, but Mercedes-Benz has many models. Which one do you want? The C-Class, the S-Class, or something else?"

"I haven't thought that carefully yet," he said.

Another time, I asked some young friends whose current goal was to increase their income how much they wanted to earn.

One of them replied: "About 100,000 or so."

"110,000 is also 'about 100,000,' 190,000 is also 'about 100,000.' Which amount do you want?" I pressed.

Again, his reaction was: "I haven't thought that carefully yet."

You might want to ask: Does it have to be this detailed?

Charles Haanel mentioned in the *Master Key System*: "We live in a universe composed of a plastic mind-stuff, which is alive and highly sensitive, taking form according to the heart's desire. Thought shapes the mold for this mind-stuff."

During my childhood, a popular toy consisted of a plastic mold of a cartoon character and a bag of plaster powder. You mixed the plaster with water, poured it into the mold, and after it dried, you'd get a plaster block shaped like the cartoon character.

The plaster, like what Haanel calls "primal substance," takes its final shape from the plastic mold. Similarly, for the universe's primal substance to materialize in the physical world, it also needs a mold. That mold is our "thought."

Think about it: Even if you use the finest plaster, if the mold is rough, can you produce a fine final product?

Of course not.

The quality of the final product depends on how precise your mold is. Similarly, whether your wish is precisely fulfilled depends on how well you have made the "mold" in your mind.

The quality of this mold, in turn, depends on how clear and specific your mental picture is. If the picture in your mind is vague or you are indecisive about your wish, the "mold" won't be able to produce the desired result in the physical world. Conversely, the clearer and more definite your mental picture, the more precise the "mold" will be, and the more accurate the resulting creation.

Therefore, be precise when describing your wish. For example, writing "live in a spacious and comfortable house" is not precise enough.

How big is "spacious and comfortable" to you? If you live in a small 60-square-meter apartment now, does moving to a 70-square-meter apartment count as "spacious and comfortable"? If not, how many square meters do you want, what facilities, and in what location would give you that feeling? Describe it.

Besides clarity, you can also use another tip: "Don't limit." This is easy to do by adding words like "more than" or "at least" before numbers.

4. Include Your Relationship to the Goal in the Wish Statement

Always use "I" as the subject in the Wish Statement.

5. Must Feel Realistic, Tangible, and Achievable

In the "goal setting" topic of success studies, a commonly quoted sentence is:

Shoot for the moon. Even if you miss, you'll land among the stars.

This is usually used to emphasize the importance of "setting big goals," encouraging people to set and pursue a goal beyond their current imagination, so that even if they don't fully achieve it, they will still have moved significantly forward from their current situation.

It sounds very reasonable. If I set a goal to make a million a month, even if I only achieve 20%, that would still be 200,000, which is pretty good.

I used to believe in this approach and set goals this way. I even taught this concept and method to many people. But after some time, I discovered a big problem—"It doesn't work."

Not only did it not work for me, it didn't work for over 95% of the people I shared it with.

This confused me: "It makes so much sense! Why doesn't it work?" I thought perhaps the problem was me—I wasn't positive enough, diligent enough, my desire wasn't strong enough... I looked for solutions in books and courses.

But again and again, I was disappointed.

I kept asking myself: "Why? How can I solve this?"

It wasn't until recent years that I realized this traditional goal-setting method was missing a crucial piece.

You now know that one key to achieving a goal is whether you can feel it as "already achieved." To generate that "already achieved" feeling, there is a very important condition:

You yourself must "believe" the goal is achievable.

Traditional "goal setting" methods encourage people to set "impossible" goals to stimulate their potential. However, if, after setting a goal, you don't truly believe you can achieve it, that goal is very difficult to realize.

You might ask: "Do you mean we shouldn't set our goals too high?"

Not at all. Lester once said: "Creating one dollar and creating a million work on exactly the same principle. 'Big' and 'small' are concepts fabricated by the mind. If a person has the ability to create one dollar, they definitely have the ability to create a million."

Therefore, how big a goal you set should depend on whether "you" can believe that the goal can come true. If you firmly believe it can be achieved, it's an appropriate goal. If you don't feel it's possible inside, adjust it to something you can believe in.

For example, if your current monthly income is only 20,000 Yuan, is it appropriate to set a goal of making a million in a year?

The answer is yes and no.

If you can fully believe the goal is achievable, can clearly picture yourself making a million a month, can generate the feeling of "already having it," and there's no inner voice telling you "this is impossible," then it's an appropriate goal for "you."

Conversely, if when you picture it, you always feel a voice like "Is this possible?" or even more negative feelings, you could use the release method to let go of these "brakes." But on the other hand, you could also set the target number to the highest figure you can believe in.

The advantage of this approach is that because there are fewer inner obstacles and challenges, your goal is likely to be achieved faster. And when you actually start seeing results in the physical world, you will have more confidence in the knowledge you are learning now, and you will naturally raise your goal higher.

6. Be Precise and Concise

Use words and sentences that precisely describe your goal, writing it briefly but completely. The length should be such that you can easily memorize it.

7. Use Words That Help Release Inner Useless Energy

If you can already enter that "already achieved" state regarding your wish, the ideal approach is to describe it in the complete present tense.

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However, if you find that when describing your wish in the complete present tense, many inner voices or feelings arise, you can start your Wish Statement in two ways:

- I decide...
- I allow...

On the one hand, this will be easier for your mind to accept. On the other hand, it will help you simultaneously release inner useless energy as you read your Wish Statement.

Why does writing it this way help release useless energy? Please refer back to the description of the nine "emotional states." Compare: When we say "I decide...", which emotional state would that be? When we say "I allow...", which emotional state would that be?

The answers are "Courageousness" and "Acceptance," respectively. Every time you read your Wish Statement, you are subtly reminding yourself that your true nature is closer to "Courageousness," "Acceptance," and "Peace." Therefore, you will be able to release some useless energy synchronously.

8. Avoid Words Like "Want"

When do you say "want"? When you don't have something or believe you don't have it.

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Whenever you use words like "I want...", "I will...", "I hope...", you are reinforcing the illusion and false belief of "I don't have." Therefore, avoid using such words in your Wish Statement.

9. Only Describe the Final Result You Want, Not How You Plan to Achieve It

Haanel said: "'Finite' cannot teach 'Infinite' how things should be done; just state what you want, without explaining how you plan to get it."

Suppose your goal is to have an income of over 100,000 Yuan per month. When writing your Wish Statement, you don't need to describe how that income will come to you. You don't need to think about questions like: "If I want to make 100,000 a month, my sales need to increase by X; to increase sales by that much, I need to get Y more new clients." You don't need to describe in your Wish Statement how many new clients or sales you need. Just write something like: "I enjoy the wonderful feeling of having an income of over 100,000 Yuan each month," describing only the final result you want.

10. Describe Only One Goal per Wish Statement

Describing too many different goals or wishes in one Wish Statement might disperse your creative energy. Therefore, it's recommended to write different Wish Statements for different areas of life (material wealth, health, relationships).

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Practice: Write Your Wish Statement...

Follow the ten guidelines above, refer to the Wish Statement examples on the next page, and start writing your Wish Statement.

Wish Statement Examples

[Work / Career]

- I allow myself to develop my career/department efficiently and successfully...
- I allow myself to go through each workday easily and comfortably.

- I allow myself to easily have and enjoy the work that is most suitable for me at this stage.
- I allow myself to easily find work/career that best utilizes my talents, abilities, and skills while also providing abundant income.

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- I allow myself to communicate easily and harmoniously with (my spouse, colleagues, boss, friends, or a specific person).
- I allow myself to have a (harmonious, trusting, mutually beneficial, open, etc.) relationship with ____.
- I allow myself to love and accept myself (or _____) unconditionally, regardless of circumstances.
- I allow the situation between myself and _____ to be resolved smoothly and fairly, in a mutually beneficial manner.
- I accept _____ as the person he/she is.

[Weight Control]

- I allow myself to easily reach and maintain my ideal weight.
- I allow myself to enjoy eating foods that keep my body healthy and slim.

[Health]

- I allow myself to always maintain a natural state of relaxation.

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- I allow myself to have good quality sleep; I wake up every morning at ___ fully rested and full of energy.
- I allow myself to easily establish and maintain a lifestyle that supports my health and figure.
- I allow myself to enjoy the wonderful feeling of being a non-smoker.

Key Two: Release Useless Energy Inconsistent with the Goal

Lester said: "When you have completely released your goal, even the impossible becomes completely possible; and when you find that you no longer care about whether the goal is achieved or not, you know you have completely released it."

After having a clear and specific goal, the next step is to release the useless energy that has been suppressed within you and is inconsistent with the direction of your goal.

Extending the "driving" example used when discussing the emotional state of "Lust": if driving is an analogy for pursuing goal achievement, then setting a clear, specific, and inspiring goal is like stepping on the gas, allowing you to move forward faster—provided you remember to, are willing to, and actually release the "brakes."

The "brakes" are the thoughts, beliefs, feelings, and other useless energy within you regarding your goal. Without releasing the brakes, no matter how hard you press the gas, your speed will be limited; if the brakes are too strong, even flooring the gas pedal will keep you stuck.

To use the Sedona Release Method to release useless energy related to your goal, you can work at three different levels: feelings, emotional states, and basic desires.

1. Releasing Useless Energy Related to the Goal at the Feeling Level

① Sit down, relax your body in your preferred way, and begin focusing your attention on your inner world. ② Slowly recite your Wish Statement once. As you recite, imagine the scene of your wish already fulfilled. What images do you see? What sounds do you hear? What physical sensations do you have? ③ Observe your feeling at this moment. If you currently feel the wonderful feeling of the goal already achieved, allow yourself to stay in that state and continue enjoying the experience you want in your imagination. ④ If there are other feelings, give yourself some time to sense them. ⑤ Sequentially ask yourself: "Do I have the ability to let go and allow this feeling to leave?"

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"Am I willing to let go and allow this feeling to leave?" "When will I let go and allow this feeling to leave?"

If the answer to any of these questions is no, go back to step ② and repeat the process until you can answer yes, then proceed to the next question.

⑥ Repeat the process until, when imagining your goal, you can feel the feeling of "already having" it.

2. Releasing Useless Energy Related to the Goal at the Emotional State Level

① Sit down, relax your body in your preferred way, and begin focusing your attention on your inner world. ② Slowly recite your Wish Statement once. As you recite, imagine the scene of your wish already fulfilled. What images do you see? What sounds do you hear? What

physical sensations do you have? ③ Observe your feeling at this moment. If you currently feel the wonderful feeling of the goal already achieved, allow yourself to stay in that state and continue enjoying the experience you want in your imagination. ④ If there are other feelings, give yourself some time to sense them.

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⑤ Ask yourself: "For me, which emotional state (Apathy, Grief, Fear, Lust, Anger, Pride, Courageousness, Acceptance, Peace) does this feeling belong to?" ⑥ Sequentially ask yourself: "Do I have the ability to let go and allow this (your answer) feeling to leave?" "Am I willing to let go and allow this feeling to leave?" "When will I let go and allow this feeling to leave?"

If the answer to any of these questions is no, go back to step ② and repeat the process until you can answer yes, then proceed to the next question.

⑦ Repeat the process until, when imagining your goal, you can feel the feeling of "already having" it.

3. Releasing Useless Energy Related to the Goal at the Basic Desire Level

① Sit down, relax your body in your preferred way, and begin focusing your attention on your inner world. ② Slowly recite your Wish Statement once. As you recite, imagine the scene of your wish already fulfilled. What images do you see? What sounds do you hear?

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What physical sensations do you have? ③ Observe your feeling at this moment. If you currently feel the wonderful feeling of the goal already achieved, allow yourself to stay in that state and continue enjoying the experience you want in your imagination. ④ If there are other feelings, give yourself some time to sense them. ⑤ Ask yourself: "For me, which basic desire (Control / Approval or Love / Security) does this feeling come from?" ⑥ Sequentially ask yourself: "Do I have the ability to let go and allow this feeling of wanting (Control / Approval or Love / Security) to leave?" "Am I willing to let go and allow this feeling to leave?" "When will I let go and allow this feeling to leave?"

⑦ If you cannot answer any of the questions affirmatively, go back to step ② and repeat the process until you can answer yes, then proceed to the next question.

⑧ Repeat the process until, when imagining your goal, you can feel the feeling of "already having" it.

How to Handle Limiting Thoughts/Beliefs?

When you try to imagine the picture of your goal already achieved, some voices might arise in your mind, such as:

- "Will this really work?"
- "It won't happen to me, will it?"
- "For this to happen, I would have to _____ (what you think you need to do, environmental conditions, etc.)."
- "But I _____ (e.g., too young, too low education, no experience, etc.), so I probably can't."

These voices are the thoughts or beliefs your mind has about the goal you set. Since the mind's function is to create, any limiting thought/belief that enters or exists in the mind will inevitably manifest in the physical world. Therefore, to allow your goals/wishes to be fulfilled smoothly, you must release these powerful "brakes."

The method to release these limiting little voices is as follows:

1. Record

As you recite your Wish Statement and imagine the scene of your wish already fulfilled, if any limiting thoughts/beliefs arise in your mind, record them. For example, if a voice like "I can't do it" or "It's not that simple" appears, write it down.

Remember, don't judge yourself for having a certain thought/belief. As we discussed earlier: energy has no good or bad, right or wrong, should or shouldn't; it's just energy. Similarly, understand:

- Any thought/belief is also just energy of different density, with no right, wrong, good, or bad.
- Having such thoughts/beliefs in the past or present doesn't mean you have to have them in the future. The decision is yours.

2. Release

- Repeat the thought/belief you want to release to yourself once. You can say it silently or aloud.
- Observe the feeling you have when you think of this thought/belief. Sense that feeling.

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- Release this feeling using the most efficient method you are currently comfortable with: you can release it directly; connect the feeling to its corresponding emotional state for release; or connect the feeling to its corresponding basic desire for release.
- Repeat the process until, when you think about this thought/belief, you have no particular feeling about it.

We mentioned earlier that the vitality of thoughts comes from feelings, just like the vitality of leaves comes from twigs, branches, and roots. So, if you release the feelings/emotional states/basic desires behind a limiting thought or belief, a common phenomenon is that at some point, you will suddenly have a reaction like: "Strange, how could I have believed such nonsense?"

At this point, you can continue releasing other limiting thoughts or beliefs. If no other limiting thoughts/beliefs surface for the moment, allow yourself to remain in the state where your goal is "already achieved," allowing yourself to continue enjoying the experience you want in your imagination.

3. Follow-up Confirmation

This step is to confirm whether you have completely released a specific limiting thought/belief.

For example, three days or a week later (you can decide the interval), take out your record sheet, repeat each item to yourself, and observe whether you still have that thought or belief.

If you do, it means the previous release wasn't complete, so release it again. If you don't, great! It means you cleaned it thoroughly, and your goal will be achieved faster.

Key Three: Let Go and Let God (Surrender / Release)

Lester said: "When we realize we already have everything and therefore need nothing, just one thought is enough, and everything will come to us effortlessly."

If you can focus on your goal and release the inner useless energy that hinders its achievement, and if you can further achieve the third element—letting go and letting God—you can enter a state where everything is effortless.

Lester often used the following sentence to remind students of this third key element:

Don't be a doer, be a witness.

Typically, before, during, and after setting a goal, voices like these often arise in your mind:

- "If I don't have this and that, then such and such will happen, and I'll end up in a bad situation."
- "To achieve this and that, I should or must do such and such."
- "If I don't do this and that, they will judge me in such and such a way."

Having these thoughts means your "false self" is currently in charge, deciding what you think and do. And because the "false self" is just the sum of limiting concepts, no matter how hard you try in the process, you will still only get limited results.

If you start learning to let go, stop trying to let the finite command the Infinite, start releasing your "false self," and instead let another part of you—that already omniscient, omnipotent, omnipresent, infinite "True Self"—take charge, you will find that whatever you want becomes increasingly effortless.

You Stop Being the Driver, Become the Passenger

You hand over the driving to your "True Self," letting your "false self" sit in the back seat. As Lester said: "Don't be a doer, be a witness."

You just tell the driver where you want to go or what you want to experience, then sit back comfortably and let the driver take you there or give you the experience you want.

"Does that mean I just sit and wait for what I want to fall from the sky?"

Wrong.

Doing nothing also includes not "sitting and waiting."

Because if you actually want your mind or body to do something but force yourself to say, "To follow Lester's advice of 'Don't be a doer, be a witness,' I shouldn't do anything. I have to wait for things to happen on their own."

Or you say, "Although I currently have goals I want to achieve or problems I want to solve and feel like setting goals and making plans, because some authors or masters say the physical world is just an illusion, I'm going to abandon all my goals and plans right now."

At this point, you are also exerting effort, which means your "false self" is still in charge, still trying to let the finite command the Infinite.

What happens when you release the "false self" and let the "True Self" take charge?

- You will know for certain (not just intellectually agree) that any thought of yours will inevitably produce a corresponding experience in the physical world.

- You will know for certain that you are not your body, nor your mind; your body and mind are just tools for interacting with the physical world.

At this point, when you have the idea of wanting to experience, enjoy, observe, or witness something, you will allow the tools—your mind and body—to do what they need to do, interacting or not interacting with the physical world as necessary, to create what you want to experience, enjoy, observe, or witness. Your "false self" is just an observer, a witness. Its true mission is simply to watch it all happen and, from that witnessing, observe the omniscience, omnipotence, and omnipresence of the "True Self."

If you are struggling, it's usually because you haven't recognized this and have let the "false self," which is essentially nothing but a collection of limitations, decide the direction and the method.

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If you want to stop suffering and live an effortless life, just do the opposite.

You take full responsibility, saying to everything that manifests in the physical world: "I created this through my mind." Then ask yourself: "Which thought of mine created this?" Through this method, you will know—the one controlling your world has always been, and only ever is, yourself.

From this moment on, you reclaim the power that has always been yours, freely creating any experiences you desire in your world.

You enjoy the joy of free creation until one moment when you suddenly realize that no matter how amazing the creations, none of it is truly real. You start to lose interest in the creation game, you begin to want to return to and remain in your original state, you start wanting to stop playing the roles that are "not you," and restore yourself to the true you, returning to your natural state.

As Lester said: "Quiet the mind, and you will see what you truly are—the infinite True Self."

When you have this intention, continue releasing whatever useless energy you can find, aiming to discard all thoughts and quiet the mind...

That will be a completely different realm, a completely different journey.

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Daily Practice Suggestions

1. Upon Waking, Acknowledge and Release Your Current Feelings

The first thing upon waking, ask yourself: "What feeling am I experiencing right now?" Then release any inner useless energy. This will greatly help you in your activities for the day.

2. Preview the Day's Schedule and Release Useless Energy

After releasing the initial morning feelings, review your scheduled activities for the day. Observe if there is any useless energy like worry, fear, or annoyance regarding these activities, and release it. You can also imagine the best possible outcome for your day and then release any inner useless energy inconsistent with that ideal direction.

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3. Schedule Dedicated Time for Release Practice

Besides releasing any useless energy that surfaces as much as possible during your activities, also set aside dedicated time for release. Taking a few minutes between various schedules or tasks to release will be very helpful for your progress.

4. Do Release Practice Whenever Emotions Are Triggered or Stress is High

When you become aware of emotional fluctuations, try to make time to release, no matter what. Allowing useless energy to persist will only make the situation worse.

5. Set Some Goals/Wishes You Want to Achieve as Incentives for Release

In the early stages, if you can see your wishes—big and small—actually coming true one by one after releasing, it will generate greater motivation for you to tackle bigger wishes/goals, thus allowing you to release more useless energy. Therefore, it is recommended to set some wishes or goals you want to achieve as incentives for your continuous releasing.

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6. Review the Day and Release Useless Energy

At the end of the day, review the day's events. Observe if there is any useless energy regarding the day's experiences that was not released in the moment, and then release it.

7. Continuously Record Your Progress and Results

Observe what changes or progress occur in your inner and outer worlds each day, and record them. This may include:

- Positive changes in attitude or behavior
- Ability to perform daily activities more easily and efficiently
- More efficient communication
- Improved problem-solving ability
- Greater flexibility in dealing with people
- Taking action more confidently and easily
- Tangible achievements
- New realizations and insights gained
- Completing certain goals
- Receiving new opportunities
- Acquiring new abilities or skills

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Using the Sedona Release Method to Create What You Want

- Increase in positive energy (thoughts, beliefs, feelings)
- Decrease in negative energy (thoughts, beliefs, feelings)

8. Review and Improve

Look at areas where you could have been more aware today and remind yourself what to pay more attention to tomorrow. Use this as motivation to continue releasing useless energy.

9. Review the "Six Steps" Daily

By reviewing the Six Steps, check which areas you still need to strengthen and how to do so.

10. If You Encounter Difficulties in Releasing, Look for the Answer in the Six Steps

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Conclusion

Dear, Keep It Simple

SEDONA METHOD

This thing is both simple and easy... if you will actually do it. If you won't do it, then it is completely impossible.

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This thing is both simple and easy... if you will actually do it. If you won't do it, then it is completely impossible.

— Lester Levenson

Have you heard of the K.I.S.S. principle? The original is "Keep it Simple and Stupid." Lester often reminded his students of a K.I.S.S. principle, but he modified it to: "Keep it Simple, Sweetheart."

Why did Lester often remind them of this? There are several reasons:

1. Dabbling is worse than going deep into one thing.

Regardless of the subject or skill, you need to focus on one method for a period of time to truly achieve mastery.

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I often say: Imagine you are a character in a martial arts novel. What would happen if you practiced the martial arts of Shaolin, Wudang, Emei, and all other schools simultaneously? Unless you are the protagonist of the story, a rare prodigy, you would certainly end up knowing a little about everything but mastering nothing.

Moreover, if you study such a mix, when you go down the mountain to spar with someone, you might not even know which school's move to throw first!

2. To become the master of your mind, not let the mind be in charge.

When discussing the characteristics of the mind, we introduced its tendency to "complicate things." It complicates things to continue being in control, to ensure our safety and survival. Usually, once the mind complicates things, we become convinced not to surrender everything to our "True Self," and we let the "false self" continue to run the show.

3. Avoid conflicting concepts, leading to energy depletion.

I myself was once a bookworm when it came to success studies. As long as a book was related to the word "success," regardless of the school or method, I would devour it.

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Conclusion: Dear, Keep It Simple

Loving to read and learn seems like an advantage. However, during my climb out of the financial pit, I found the biggest obstacle was: I had learned too much that was too varied. Not only did I not have enough time to deeply study and internalize each method, but it also created many internal conflicts. Furthermore, because there were too many options, I sometimes felt paralyzed.

So, based on these factors, if you currently resonate with the concepts in this book and the Sedona Release Method, my advice is this: Set a period of time (I suggest at least a year) during which you use "only" this method.

After the set time has passed and you feel its effects have plateaued, then you can start researching and learning other methods. This way, you avoid complication and can gain sufficiently deep understanding and experience with one method.

I have seen many friends who learned the Sedona Release Method treat it merely as "one of many methods" and fail to dedicate enough time to studying it wholeheartedly, which is a pity.

Of course, during this period, your mind will definitely try to persuade you: "This isn't enough! You still need to learn this and that, and that and this, to be adaptable."

At times like these, I hope you can remember Master Lester's reminder: "Dear, keep it simple."

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Key Insights

10 Inspiring Quotes

No matter what you do or what you want, the one thing you truly want is very simple—just two words: "Happiness."

If the "answer" is not in the external world, perhaps it is in the inner world.

The external world is a reflection of the internal world. Therefore, when the "rotten apples" inside you decrease, and you get closer to the golden layer underneath—the perfect, complete, true you—you will find that more and more "good things" start happening to you. Your life, whether in terms of material wealth, physical/mental health, or interpersonal/intimate relationships, becomes increasingly effortless. And living effortlessly is your natural state.

Most people temporarily escape their pain through socializing and entertainment, and then call that happiness; it's just avoidance! They can't stand being alone, can't stand being with their own thoughts, so they go to the movies, nightclubs, or visit friends, hoping to have something to do so they don't have to face their own mental chatter. When their attention is not on their thoughts and ideas, they feel better and then call that state "happiness."

If you want ideas and inspiration, you can't use "thinking" – thinking won't get you there! You need to connect to that all-knowing "Infinite Network." And if, in pursuing your wishes or solving difficulties, you are willing to move in this direction, the final results will surely amaze you—the way your wish is fulfilled, the process of solving your problems, will be full of surprises and unexpected delights.

If I had to pick the number one key factor from my experience of climbing out of the valley, it definitely wasn't "absorbing a large amount of information," but rather "doing simple things every day."

If everything has gone smoothly for you so far, you created that. And even if your life is full of resistance now, you created that too.

You are a creator. That has never changed.

Creating a million and creating a single dollar work on exactly the same principle; it's your mind that sets the difference between large and small. If a person has the ability to create one dollar, they have the ability to create a million. Observe how you successfully created one dollar, and then add six zeros. You need to raise your consciousness to a million, not stay fixated on one dollar.

Don't be a doer, be a witness.

When emotions arise, be able to perceive and see them, not be controlled by them. The next step is to allow yourself to have negative emotions, not judge yourself, accept all emotions, and love yourself unconditionally. Acceptance is the beginning of every desired change.

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Accept yourself, release useless energy, and gain inner joy.

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Readers' Heartfelt Sharing

Telling you the truth about Zero Resistance, so you can embark on a new journey with more confidence.

Love Transcends Everything

I am very happy to see the simplified Chinese version of the wonderful spiritual book *Zero Resistance* finally released. This book brings us the "Sedona Release Method" from Lester Levenson, a modern legendary figure in America, a fully awakened spiritual master. Its message is consistent with the "forgiveness" in *A Course in Miracles* and the "cleaning" in *Zero Limits*. Just as Jesus said, he was not more than us, but less than us. When we clear the obstacles in our minds, the life essence called "love," the most core "absolute existence" that transcends everything and is inherently as it is, can begin to manifest. The resulting inner peace and joy will naturally transform into effortless abundance, health, and perfect relationships—this is the golden life of zero resistance.

— Fang Zhiming, Webmaster of Qiudao Website

Everything Happens for the Best

Just when I thought I had met my soulmate, fate shattered my illusion again, and pain ensued.

While struggling to maintain the relationship, I read many books, trying to find the crux of the problem and win the perfect intimate relationship. Through reading, I learned a lot and understood my personality type and behavioral patterns. As a Type 2 in the Enneagram, I tend to trade my giving for others' love. When my giving doesn't get the expected return, I become hysterical.

I carefully observed, then restrained my temper and emotions, constantly reassuring and hypnotizing myself to continue "giving unconditionally" and "loving unconditionally," so I could escape the constraints of my behavioral patterns and no longer be a "prisoner" of my personality. But even so, I still couldn't improve that intimate relationship.

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I cannot forget the anxiety and helplessness I couldn't suppress while waiting for his phone call late into those nights. The overwhelming emotional waves almost crushed me, making it

hard to breathe. I think this pain is something every man and woman troubled by love has experienced, or everyone in distress knows this feeling of being trapped by powerful negative emotions. I didn't know what to do then.

There's a saying: "When the student is ready, the teacher appears." Perhaps my higher soul orchestrated this emotional drama to put me on the right path, preparing my inner self to welcome the life mentor.

To escape the quagmire of pain, I kept searching for methods and eventually encountered the Sedona Release Method. Using this method, I safely navigated through that difficult period. At that time, whenever anxiety, restlessness, fear, or sadness made me feel uneasy, I would set aside half an hour or more to intensively practice the Sedona Release Method, releasing the energy of emotions. After each emotional release, my mood would become calm. Doing it before bed, I no longer woke up suddenly in the middle of the night.

Gradually, my entire life began to change. First, my intimate relationship ended amicably in calmness and understanding, without regret, because I knew it had completed its mission. Next, I moved away from my original city to another city I love, doing meaningful and beautiful work with a group of like-minded people. I am now constantly filled with peace and joy.

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Everyone wants to feel happiness and joy, but many are inevitably surrounded by worries, fears, anger, and other negative emotions. If you have such problems, you can persist in using the Sedona Release Method for a while, and I believe you will see changes in your life. Many friends I know have become better and more joyful after using the Sedona Release Method!

Here, I also want to share some of my personal experiences with emotional release. Awareness – Acceptance – Change is the procedure that all spiritual practices must follow. When emotions arise, be able to perceive and see them, not be controlled by them. The next step is to allow yourself to have negative emotions, not judge yourself, accept all emotions, and love yourself unconditionally. Acceptance is the beginning of every desired change. Being able to do these two things will greatly enhance the effectiveness of the Sedona Release Method.

I am very glad I encountered the Sedona Release Method while still young. This means I can live the rest of my long life more smoothly and happily. I believe that those who are now holding this book are also people who are ready and determined to completely change their lives. Remember, this is no coincidence. Everything happens for the best. Bless you all!

— Shallow Water Shadows

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I Found True Happiness

"You waste!" "So much hatred! So much hatred! So much hatred!" "You might as well be dead!" — I used to shout these words almost daily in my heart. — The target was... myself.

When I learned the term "procrastination" a few years ago, I was thunderstruck. I couldn't help but cry in the dead of night. Procrastinating on revision meant my grades never reflected my true potential, so I couldn't get into a satisfactory school. Procrastinating on homework meant staying up for one or two weeks straight before every major university project. Procrastinating on practice meant I wasted two years of countless opportunities to realize my biggest dream. Those blessed without procrastination can never understand my despair when my plans were shelved, opportunities passed me by, and my dreams shattered.

I didn't want this! I wanted to put down the comics and novels to study for the college entrance exam! I wanted to turn off the games to complete my project designs! I wanted to pick up my pen and strive for my dreams! But I truly couldn't do it. Every time I procrastinated, my rationality was there, reminding me, commanding me, cursing me to do what I should. But my body

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just wouldn't obey. I felt like I was split in two—one part of me was the puppet master, the other the puppet, watching helplessly as my own hands refused to follow my commands. The despair was suffocating. I tried every method imaginable. I read countless books on time management, took courses, installed productivity apps... all to no avail. The vicious cycle continued.

Then I found *Zero Resistance*. When I learned about releasing the desire to control, something clicked. I realized my battle with procrastination was fundamentally a battle for control. I was trying to control my actions, but my feelings of resistance were far stronger. Using the release method, I started releasing the feelings associated with the tasks I was avoiding. It wasn't a magic bullet overnight, but gradually, the weight lifted. I started *wanting* to do the things I used to avoid. I started my dream project. I finished things on time. For the first time in years, I felt a sense of peace and accomplishment. I realized I wasn't a waste or a failure; I was just a person burdened by useless energy. The Sedona Method helped me finally let it go.

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The End.

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Editorial note: This book and “Wind Feng on Six Steps Lester Levenson” popularized the teaching of **Lester Levenson (1909-1994) and The Sedona Method**, in the Chinese-speaking countries: China, Taiwan, Hongkong, Singapore, Malaysia.

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